



# DISCOVER YOUR SELF CARE STYLE

**Want to know how what self-care practices might be best for you?**

Take this quick quiz to figure out what your tendencies are when it comes to your physical, mental, and emotional constitution.

In Ayurveda, your constitution is what makes you who you are based on your physical and energetic make-up. Different characteristics are divided into 3 types: **Vata**, **Pitta**, and **Kapha**, which represent the 5 different elements of the world (*water, fire, earth, air, and space*).

The way that Ayurveda looks at the world is that we are a microcosm of the world itself, so we have each of these qualities within ourselves. What makes you distinct is how much of each element you have within you.

To categorize those distinct types, Ayurveda has 3 basic doshas: **Vata**, **Pitta**, and **Kapha**.

**Vata** is composed of *Air and Space*

**Pitta** is composed of *Fire and Water*

**Kapha** is composed of *Water and Earth*

These energies are pretty subtle, it's not like you have a neon sign on your forehead saying, "hey, Vata over here." Unless you're Pitta. Then your aura is neon. Just kidding. Mostly.

Anyway, because you have all 5 of the elements within you, it's likely that you'll resonate with more than one dosha or type of energy. That's totally normal. Most people are a dual-dosha (**Vata-Pitta**, **Pitta-Kapha**, **Vata-Kapha**).

Ayurveda is a whole system approach to wellness.

Knowing what my tendencies are and what practices might bring me back to balance (or sanity, depending on the circumstance) help me take better care of myself so that when the shit hits the fan, it doesn't completely derail me.

Smart self-care is knowing when to indulge your tendencies to help you recharge (comfort) and when to counteract your tendencies to recharge (balance). It's also knowing which practices provide comfort in a helpful way and which practices will give you the necessary kick in the pants when you need it.

This is the brilliance of Ayurveda. It basically gives you personalized instructions for you need to take really good care of yourself. Self-care is not one size fits all. Not every person benefits from the same type of care or actions

Answer these questions based on what you gravitate to or what you usually gravitate to. What answer pulls you more? What feels more authentic and accurate to who you are through and through?

For some questions, you might feel that more than one answer is true for you. If you can, try to pick the one that feels more true, more often. If you absolutely can't decide, it's ok to pick 2.

Once you've gone through the quiz, I'll let you know how to tally your quiz, determine your dosha, and discover what your self-care style is!

# SELF CARE STYLE QUIZ

## 1. My energy is:

- a. Variable. Sometimes I am super high energy. Sometimes I am super low energy. My energy fluctuates and comes in bursts.
- b. Non-stop. I am high energy and very active.
- c. Low but steady. So I might be slow to start, but once I get moving I have great stamina.

## 2. When I move, I am inclined towards:

- a. Speed
- b. Strength
- c. Endurance

## 3. When it comes to sleep:

- a. I am a really light sleeper. I sometimes have trouble falling asleep because my mind is still going a mile a minute. I sometimes struggle with insomnia
- b. I sleep pretty well. Not too light, but not super deep sleep. If I do wake up, I go back to sleep easily.
- c. I sleep deeply. Sometimes I have trouble getting out of bed in the morning because being in bed is my happy place.

## 4. My appetite is:

- a. Inconsistent. Sometimes I am ravenously hungry. Sometimes I get so distracted by things that I forget to eat.
- b. Strong. "Hangry" is my middle name. If I don't eat when I am supposed to eat, I get cranky and irritable.
- c. Constant, but low. I often graze and end up eating, even when I'm not really hungry.

## 5. My digestion is:

- a. not awesome. My stomach often feels unsettled.
- b. really strong and fast. I can eat pretty much anything with few issues.
- c. slow. I usually feel full really quickly and I often feel heavy after eating even a small amount of food.

## 6. If I have digestive issues, they are usually characterized as:

- a. bloating, gassiness, burping, or constipation
- b. heartburn, diarrhea
- c. this doesn't really apply to me. I rarely have digestive issues.

## 7. My skin is frequently:

- a. dry and cold
- b. warm and oily
- c. damp and cold

## 8. If I get sick:

- a. I usually get anything and everything. I am susceptible to any and all viruses. Mostly, when I'm sick I feel super depleted and run down.
- b. I get migraines.
- c. I get congested easily so I have respiratory issues and when I catch colds, they tend to linger for a while.

## 9. My joints:

- a. crack a lot.
- b. are strong and stable.
- c. are highly mobile.

## 10. My body temperature usually runs:

- a. really cold
- b. hot
- c. cool

## 11. My attention span can be characterized as:

- a. easily distracted. I lose focus pretty quickly.
- b. laser-like and intense. I am good at maintaining my focus on something for as long as I need to.
- c. steady. But I'm more likely to focus on something that really matters to me. If it's not as important to me, I'll lose interest quickly.

## 12. When it comes to routines, I prefer:

- a. to be spontaneous. I don't really like be tied down to a schedule or a structure. I prefer to go with the flow.
- b. to have a set schedule every day. I like to check things off my list and have a plan.
- c. to have consistency and familiarity. It doesn't matter when things happen so much as it matters that what I do is familiar and comfortable.

## 13. When I am super stressed, my tendency is to feel:

- a. anxious and afraid.
- b. angry and confrontational
- c. depressed and withdrawn.

## 14. When I am in my element, I tend to feel:

- a. happy and creative.
- b. confident and strong.
- c. calm and full of love.

## 15. I am most motivated by:

- a. creating something new and interesting
- b. a challenge
- c. love

## 16. I feel most comfortable when:

- a. I have freedom
- b. I have control
- c. I have connection

## 17. When it comes to relationships:

- a. I am a social butterfly. I know a lot of people. I have lots of friends and acquaintances.
- b. I have friends and each has their role in my life (my "mom" friend, my "yoga" friend, my "work" friend etc)
- c. I have a very tight knit circle of close friends

## 18. My friends would describe me as:

- a. imaginative, friendly, fun, and a little spacey
- b. intense, brave, determined, and loyal
- c. generous, kind, nurturing, and steady

## 19. My favorite types of exercise or movement practices are:

- a. dancing, cardio, flow yoga, and free form movement. Basically anything that can be different every time and tailored to my mood and keeps me in constant motion.
- b. hiit, crossfit, ashtanga yoga, iyengar yoga, running, spinning, and boxing. Basically anything that has structure, intensity, and a huge challenge.
- c. swimming, walking, restorative yoga, and tai chi. Basically anything that is slower, steadier, more controlled, and where I won't really break a sweat.

## 20. What I love about meditation is that:

- a. I can let my mind run wild.
- b. I can work on focusing my thoughts.
- c. I can feel deeply calm.

## 21. Why I find meditation hard is that:

- a. I can't sit still for more than a few breaths. I fidget and move a lot.
- b. I sort of feel like it's a waste of time and I could be doing something more important.
- c. nothing. I love it. Except sometimes I get so comfortable that I fall asleep.

## 22. My spirit animal is a:

- a. butterfly
- b. wolf
- c. elephant

## SELF CARE STYLE QUIZ TALLY

A.

B.

C.

# DISCOVER YOUR SELF CARE STYLE

Congratulations! You're all done with your Self-Care Style Quiz.

Add up how many a's, b's, and c's you picked.

A's are all **Vata**

B's are all **Pitta**

C's are all **Kapha**

So if you got mostly B's your dominant dosha is Pitta.

If you got a lot of B's and good number of A's, too, you're **Pitta Vata**.

Make sense?

Some people have an even number of each dosha, which Ayurveda calls "**Tri-doshic**." These people are basically unicorns.

Kidding, but it is pretty rare.

Tri-doshic isn't code for "perfect." **Tri-doshic** simply means you have an equal-ish amount of each dosha within you. You can get out of balance just like the rest of us.

Now that you know your Dosha(s), you can start to figure out your self-care style.

Here's the quick and dirty:

**Vata's** are composed of more air and space, so they tend to be a little more creative, playful, spontaneous, and always on the go. They have all of the ideas but zero follow through. Because they're always on the move, they can get a little disconnected and ungrounded very easily.

**Pitta's** are composed of more fire and water, so they tend to be dynamic, strong, natural leaders, who have a tendency to like things on the challenging side, often overdo/over-schedule and can burn out in the process.

**Kapha's** are composed of more earth and water, so they tend to move more slowly and gracefully. They can be as solid and stable as a mountain, while also nurturing, generous, and kind. They tend methodical to a fault and often have trouble feeling the motivation to act.

**Vata's** love *movement, creativity, and spontaneity*, so the self-care that recharges her is often movement-based (think dancing in your kitchen) or creativity-based (think anything artistic).

When **Vata** is spinning out of balance, she needs to be brought down to earth with some **Kapha** practices (think restorative yoga).

**Vata** can also benefit with a little structure, a la **Pitta**, so creating a consistent routine can help an out of balance **Vata** re-center and come back to a healthier place.

**Pitta** loves to *hone her focus and sharpen her mind*, not to mention a good challenge, so the self-care that recharges her is usually something that stimulates her brain (think reading a book or doing a crossword puzzle). Bonus if it's a challenge or a problem she has to solve. Going for a 5 mile run on a rocky trail is also something that a **Pitta** might consider as self-care.

When **Pitta** is flaming out of control, she needs a little cooling off so **Kapha** helps here (think deep breathing).

**Pitta** can also benefit from the spontaneity of **Vata**, when she's a little too entrenched and stuck in her routines.

**Kapha** loves to *rest and chillaxing*, so the self-care that recharges **Kapha** is often pretty mellow (think a warm bath).

When **Kapha** is sinking into the depths of complacency, she usually needs a good **Pitta** kick in the pants to bring a vitality back to her body (think going for a fast paced walk outside in fresh air).

**Kapha** can also benefit from the creativity of **Vata**, so expressing herself or accessing her imagination can also get her out of her funk.

Can you see your self-care style here? Hopefully this gives you a good starting point for how to use your **doshic** awareness to recharge you as well as bring you back into balance.

Once you've gotten a sense of what your dosha is, start making a list of all of the activities that you can do that will recharge you, as well as those that might help you find balance again.

When you do this, you'll be establishing your very own self-care style!