

Worksheet: Is My Pitta Out of Balance?

A Self Check-In for Women 40+: Use this gentle Ayurvedic reflection to tune in to the signs of excess Pitta in your body, mind, and emotions. Designed especially for women in midlife and summertime.

Physical Signs

Over the past 7 days, have you noticed any of the following? (✓ Check all that apply)

- Skin irritation, rashes, or inflammation
- Redness or flushing, especially in the face
- Feeling overheated even in moderate weather
- Acid reflux, heartburn, or a sour taste in the mouth
- Loose stools or urgent digestion
- Excessive thirst or dry mouth
- Light but disturbed sleep, especially waking around 2 am
- Hot flashes or increased body heat

Lifestyle Check

In the last 7 days, have you...

- Skipped meals or eaten while distracted
- Consumed a lot of spicy, salty, or sour foods
- Spent a lot of time in the sun or heat
- Worked late into the night or pushed through fatigue
- Overexerted yourself physically or mentally
- Used caffeine or alcohol to “keep going”
- Neglected rest, slowing down, or emotional processing

Affirmation:

I honor the fire within me,
and I choose to tend it with
care.
I deserve rest, softness, and
balance.

Mental & Emotional Signs

Have any of these felt true for you lately?

- I get frustrated or impatient more easily than usual
- I feel mentally sharp but emotionally tense
- I tend to overanalyze or over-control situations
- I feel critical of myself or others
- I find it hard to “turn off” my mind at night
- I feel competitive or driven, even when I’m tired
- I’ve been multitasking or pushing too hard
- I feel intense or fiery emotionally

Self-Reflection Scoring

Count how many boxes you checked:

- 0-6 → Likely in balance, but stay mindful in summer.
- 7-14 → Mild Pitta imbalance may be showing up – cooling practices can help.
- 15+ → Pitta fire is likely high – time to reset and cool down.

What to Do Next

If you recognized yourself in these symptoms, you’re not alone – and you don’t need to power through. Begin with one small shift. These offerings can help:

- [Cooling Bedtime Rituals for Women 40+](#)
- [Pitta-Pacifying Summer Soups](#)
- [Cooling Meditation for Sleep](#)
- [1:1 Ayurvedic Consultation](#)