SelfDecode™

Burnout

DNA Health Report

REPORT CATEGORY

MENTAL HEALTH

Sample Client

Report date: 03 September 2025

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Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

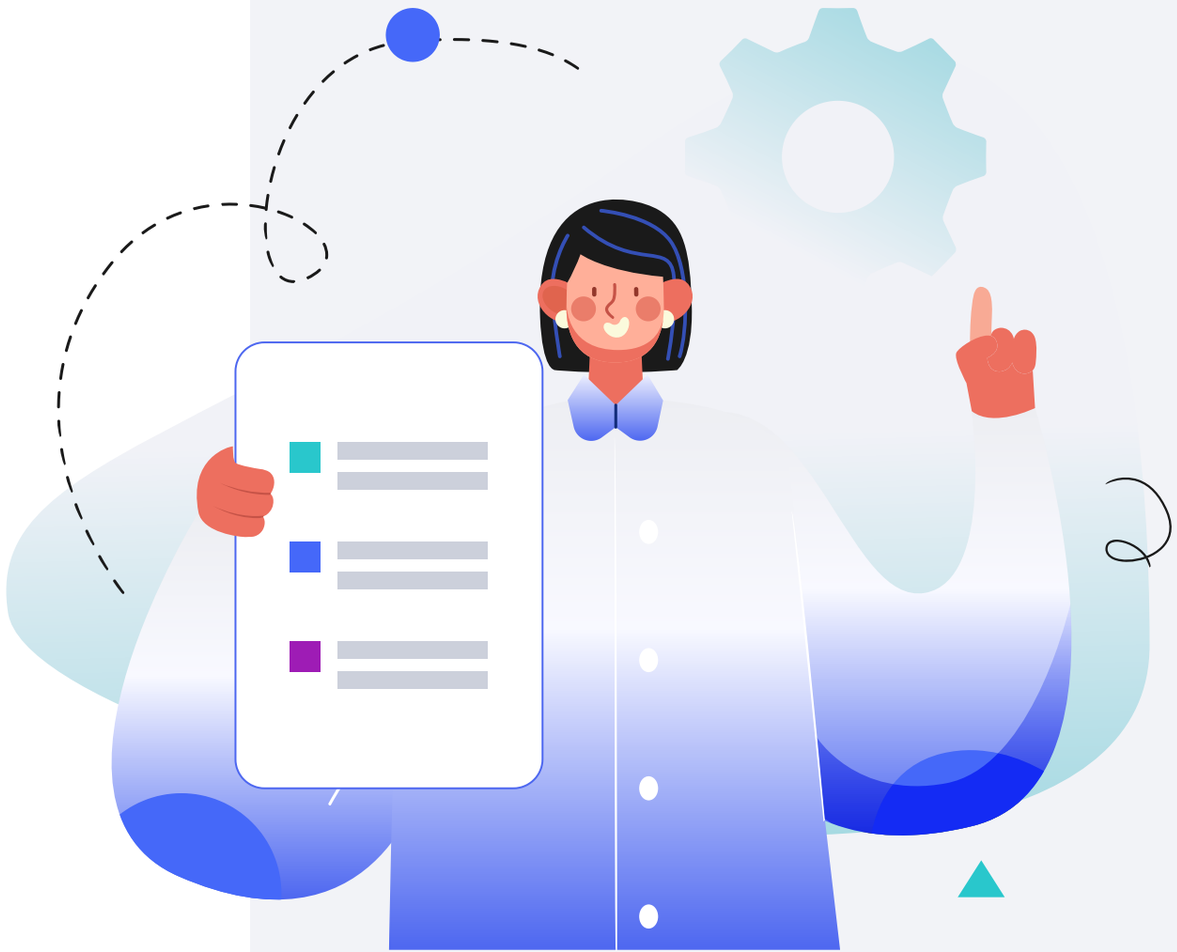
Male

HEIGHT

5ft 9" 175.0cm

WEIGHT

165lb 75.0kg



DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Introduction

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when an individual feels overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, people may begin to lose the interest and motivation that led them to take on a certain role in the first place.

Burnout reduces productivity and saps energy, making individuals feel increasingly helpless, hopeless, cynical, and resentful. Eventually, the 'burnt-out' individual may feel like they have nothing more to give.

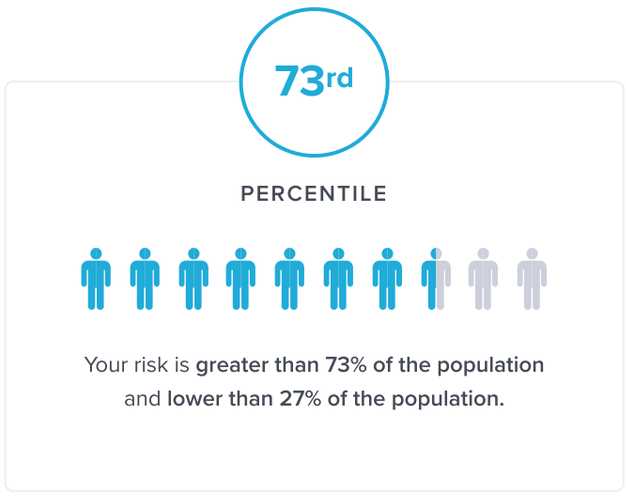
Complications

The adverse effects of burnout spill over into every area of life—including home, work, and social life. Burnout can cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Due to its primary cause being chronic workplace stress, it's often intertwined with feelings of ineffectiveness and lack of accomplishment.

The symptoms of burnout can be subtle at first, but become worse over time. People experiencing burnout often don't see any hope of positive change in their situations. If left untreated, burnout can lead to serious physical and psychological illnesses such as depression and cardiovascular disease.

TYPICAL LIKELIHOOD

Typical likelihood of burnout based on 75 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HNF4G	rs1564067	CC
C10ORF53	rs1153799	AA
RFC3	rs17080169	AA
RFC3	rs1329669	CC
UHRF1BP1	rs205265	GA
UHRF1BP1	rs9469814	CT
UHRF1BP1	rs7764921	AC
UHRF1BP1	rs6908462	TC
UHRF1BP1	rs2296362	CT
UHRF1BP1	rs2296361	AG
UHRF1BP1	rs7761391	TC
UHRF1BP1	rs13205210	CT
CCDC60	rs2727733	AG
UHRF1BP1	rs3734266	CT
UHRF1BP1	rs6457797	TG
UHRF1BP1	rs6912327	CT
ZNF484	rs2281714	GG
ZNF484	rs3739602	CC
AR	rs4484837	A
EDA2R	rs7878229	T

GENE	SNP	GENOTYPE
KANK2	rs755237	CC
KANK2	rs754528	TT
AR	rs962458	A
AR	rs1337080	A
AR	rs12010636	C
MCF2	rs10521801	C
PCYOX1L	rs352340	TT
FZD1	rs1429529	AA
ARSB	rs16875940	TT
YIPF6	rs7052964	T
ARSB	rs12054837	TT
ARSB	rs10514108	CC
HS3ST5	rs1889555	AA
HDAC2	rs12660968	AA
HDAC2	rs12526401	AA
INPP5D	rs13021302	GG
NXPH1	rs10280502	GG
MTNR1A	rs1376534	CC
/	rs5915540	G
/	rs12556688	C

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Yoga	30 minutes
2	Rhodiola	500 mg
3	L-Theanine	100 mg
4	Magnesium	350 mg
5	Sleep for 7+ Hours	
6	Saffron	20 mg
7	Whole-Food Plant-Based Diet	
8	Green Tea Extract	250 mg
9	Ginkgo	120 mg
10	Mindfulness Meditation	30 minutes
11	Whole Grains	
12	Vitamin C	2000 mg
13	Spend Time in Nature	2 hours

1

Yoga

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

Yoga combines breathing, stretching, and relaxation techniques. Practicing yoga may help [R, R, R]:

- Reduce stress
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga may help reduce burnout symptoms across various professional groups, including nurses and teachers. Regular yoga practice has been shown to significantly improve self-care, reduce emotional exhaustion, enhance mindfulness, and lower depersonalization levels among participants [R, R].

2

Rhodiola

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 500 mg of rhodiola supplement daily, preferably in the morning to avoid potential interference with sleep.

TYPICAL STARTING DOSE

500 mg

Description

Rhodiola is a plant native to the arctic regions of Europe and Asia, where it's traditionally used to enhance stamina, combat stress and fatigue, and improve mental performance and resilience in harsh environments. Its main compounds include rosavins and salidroside.

Rhodiola (*Rhodiola rosea*) is a plant that grows in the mountains of eastern Europe and Asia [R].

Rhodiola is an *adaptogen*, meaning that it may help you adapt to stress. According to early research, this herb may help with [R, R, R, R]:

- Fatigue
- Burnout
- Low mood

How it helps

Rhodiola extract (170-1,100 mg/day for up to 42 days) may help with stress and burnout. It may reduce fatigue and improve cognitive function in burnout patients [R, R, R].

Rhodiola may help by improving symptoms of stress and fatigue.

3

L-Theanine

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 100-400 mg of L-theanine supplement daily. It can be consumed at any time of the day, with or without food.

TYPICAL STARTING DOSE

100 mg

Description

L-theanine is an amino acid found in tea leaves, known for its calming and relaxation-promoting effects. It is often used to reduce stress and anxiety and may contribute to improved focus and cognitive performance.

L-theanine is an amino acid found in black and green tea [R].

People take L-theanine as a supplement to [R, R, R, R]:

- Improve cognition
- Boost immunity
- Relieve anxiety and stress

How it helps

L-Theanine, an amino acid found in tea, can help reduce stress and boost cognitive performance. This makes it helpful for individuals dealing with burnout, by promoting relaxation without drowsiness.

4

Magnesium

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

Magnesium is an essential mineral. Your body needs it for [R, R, R]:

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [R].

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [R].

How it helps

Magnesium plays a crucial role in managing stress and anxiety levels. Supplementing with magnesium can improve symptoms of burnout by promoting relaxation, improving sleep quality, and reducing stress.

5

Sleep for 7+ Hours

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

Sleep supports your body and mind [R, R]. More precisely, sleep helps:

- Support brain health [R, R]
- Maintain a healthy weight and appetite [R, R, R]
- Regulate blood pressure [R, R]
- Balance blood sugar [R, R]

Ways to sleep better include [R]:

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that's cool, dark, and quiet

How it helps

Adequate sleep is crucial for mental and physical health. Getting at least 7 hours of sleep helps in reducing stress, improving cognitive functions, and boosting mood, which can mitigate the effects of burnout by ensuring the body has adequate rest for recovery.

6

Saffron

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

Saffron is a yellow spice praised for its color, taste, and potential health benefits [R].

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [R, R, R, R]:

- Gut conditions
- Heart health
- Mental health

How it helps

Saffron has been studied for its potential antidepressant properties. It appears to improve mood and reduce stress-related symptoms that are common in burnout. The active compounds in saffron can increase levels of serotonin, a neurotransmitter associated with mood regulation, thereby helping to alleviate some of the emotional and psychological strains of burnout.

7

Whole-Food Plant-Based Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

To implement a plant-based diet, fill your meals with fruits, vegetables, legumes, seeds, and whole grains. Aim for at least 5 servings of fruits and vegetables per day, include legumes in your meals several times a week, and choose whole grains over refined grains. Adjust your diet gradually over a few weeks to avoid digestive discomfort.

Description

A plant-based diet primarily consists of foods derived from plants, such as fruits, vegetables, whole grains, nuts, and seeds, while minimizing or excluding animal products. This dietary approach is associated with numerous health benefits, including reduced risk of chronic diseases like heart disease, diabetes, and certain cancers, as well as improved weight management and overall well-being due to its emphasis on nutrient-dense, fiber-rich foods.

A plant-based diet is not necessarily vegetarian or vegan. It focuses on eating foods mainly of plant origin [R].

It includes a variety of fruits and vegetables, grains, dairy, high-protein foods, and oils [R].

Following a plant-based diet may support [R, R, R, R]:

- Heart health
- Blood sugar control
- Kidney health

How it helps

Adopting a plant-based diet may improve mood and reduce the risk of burnout by lowering inflammation and improving overall health.

8

Green Tea Extract

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

Green tea is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [R].

Green tea contains **catechins**. These are antioxidants that help prevent oxidative stress [R].

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [R].

How it helps

Green Tea Extract contains antioxidants and L-theanine, which can help in reducing stress and improving mood. This can be especially beneficial for those experiencing burnout by promoting relaxation and mental alertness.

9

Ginkgo

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

Ginkgo (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [R, R].

According to limited evidence, ginkgo leaf extract may help with [R, R, R, R]:

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo Biloba has been shown to improve cognitive function and overall mental well-being. This can be particularly beneficial for individuals experiencing burnout, enhancing their focus and mental clarity.

10

Mindfulness Meditation

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation focuses on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. This practice reduces stress and improves concentration, which can help ease symptoms of burnout by promoting a state of relaxation and presence.

11

Whole Grains

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

Whole grains can help maintain stable blood sugar levels, reducing mood swings and supporting energy levels throughout the day, potentially easing burnout symptoms.

12

Vitamin C

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

Vitamin C is an essential nutrient. This means that our bodies can't produce it on their own, so we have to get it from food or supplements [R].

Foods rich in Vitamin C include: [R]

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [R, R].

Vitamin C deficiency is called *scurvy.* In the past, many sailors suffered from it [R].

How it helps

Vitamin C plays a vital role in combating stress and has been investigated for its effects on preventing and treating stress-related disorders, including burnout. High vitamin C levels can modulate cortisol levels (the stress hormone) and provide increased protection against the psychological and physiological effects of stress.

13

Spend Time in Nature

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [R].

Spending more time in nature or in urban green areas may help support [R, R, R, R, R]:

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [R, R]:

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

Spending time in natural environments can improve mood, reduce feelings of stress and anger, help you feel more relaxed, and contribute to your physical wellbeing. It lowers blood pressure, heart rate, muscle tension, and the production of stress hormones—all factors that can contribute to burnout.