

Burnout Proof

How Your Biomarkers + The 8 Pillars Can Help You Reclaim Your Edge

Built by HCPs, for HCPs

You give everything to your patients. It's time to give something back to yourself.

As health care professionals, we're trained to push through exhaustion, put patients first, and rarely admit when we're running on empty.

This guide is different. It doesn't tell you to "do more self-care." Instead, it shows you the science behind why you feel the way you do — and gives you a clear, practical framework to start feeling stronger again.

Inside, you'll discover how your biomarkers connect to the 8 Pillars of Resilience — and how small, targeted changes can create measurable improvements in your energy, focus, and emotional wellbeing.

Biomarker 1: Blood Pressure (Systolic / Diastolic)

Pillars: **Movement + Rest**

Recent meta-analyses confirm that lifestyle interventions powerfully influence blood pressure. A 2024 systematic review of 19 randomised controlled trials found that digital health-supported changes lowered systolic blood pressure by an average of 4.43 mmHg and doubled the odds of achieving better control, largely through increased physical activity. In line with this, a 2023 meta-analysis found that moderate-to-vigorous strength training produced clinically meaningful reductions in both systolic and diastolic blood pressure. [Open link](#) / [Open link](#)

Why it matters for you: For HCPs facing shift work and chronic stress, consistent Movement and quality Rest ease vascular strain and rebuild cardiovascular resilience — protecting against fatigue while sharpening cognitive clarity and strengthening the willpower foundation required for long, demanding shifts.

Biomarker 2: Cholesterol / HDL Ratio

Pillars: **Nutrition + Movement**

Aerobic exercise enhances both the quantity and quality of HDL cholesterol, improving its protective role in reverse cholesterol transport. When combined with balanced dietary patterns, these changes produce favourable shifts across overall lipid profiles. [Open link](#) / [Open link](#)

Why it matters for you: In the demanding reality of healthcare — where sedentary stretches and administrative load are common — synergistic Nutrition and Movement restore healthy lipid metabolism. This supports steady energy, clearer thinking, and the metabolic resilience needed to maintain high performance and strong willpower.

Biomarker 3: Cortisol

Pillars: **Movement + Rest**

Physical activity significantly lowers cortisol levels while improving sleep quality. Combined sleep health and exercise interventions further reduce allostatic load, including cortisol-related pathways, with positive effects on cardiometabolic and neurobiological health. [Open link](#) / [Open link](#)

Why it matters for you: Chronic stress and irregular shifts often drive HPA-axis hyperactivity in HCPs. By integrating Movement and Rest, you can gently down-regulate stress responses, restore nervous system balance, preserve emotional regulation, and protect the mental clarity and willpower essential for compassionate care.

Biomarker 4: DHEA-S

Pillars: **Movement + Rest**

DHEA-S serves as a sensitive biomarker of prolonged stress. Lifestyle factors — particularly quality sleep and regular physical activity — help maintain healthier hormonal balance and counteract adrenal strain. [Open link](#)

Why it matters for you: Optimising Rest and Movement supports adrenal resilience and hormonal equilibrium. For healthcare professionals, this translates into sustained energy, stronger motivation (willpower), and greater emotional stability amid relentless clinical demands.

Biomarker 5: hs-CRP (Inflammation)

Pillars: **Movement + Rest + Nutrition**

Targeted nutritional approaches and high-intensity training combined with improved sleep have been shown to meaningfully reduce hs-CRP, especially in those with elevated baseline inflammation. [Open link](#) / [Open link](#)

Why it matters for you: Low-grade inflammation linked to poor sleep, stress, and sedentary periods can cloud thinking and drain energy. Through Nutrition, Movement, and Rest, you can reduce systemic inflammation, lift mental fog, boost vitality, and reinforce the willpower needed for long-term wellbeing.

Biomarker 6: Uric Acid

Pillars: **Movement + Nutrition**

Healthier dietary patterns — emphasising plant-forward foods, whole grains, and limits on added sugars and alcohol — are consistently associated with lower serum uric acid levels.

[Open link](#) / [Open link](#)

Why it matters for you: Mindful Nutrition choices, supported by Movement, help regulate uric acid and prevent associated fatigue. This metabolic support promotes clearer physical and mental function, sustaining the energy and resilience required for excellent patient care.

Sexual Wellbeing: The Ultimate Human Connection to Your Biomarkers

Healthy sexual activity, practised at a moderate and sustainable frequency of approximately 1–2 times per week, stands as one of the most powerful natural optimisers available to the human body. It triggers a precise hormonal cascade: surges in oxytocin (the bonding hormone), dopamine, and endorphins, while simultaneously lowering cortisol — the primary driver of chronic stress and accelerated aging.

[Open link](#) / [Open link](#)

This is far more than pleasure. It is a profound biological reset that enhances emotional regulation, attachment security, mood stability, and overall life satisfaction. Systematic reviews confirm that positive sexual health correlates with lower rates of depression and anxiety, stronger relational bonds, and greater subjective happiness.

How Sexual Wellbeing influences your biomarkers:

By down-regulating the HPA-axis, healthy intimacy directly supports lower cortisol levels and helps protect DHEA-S, reinforcing the benefits of Rest and Movement. It improves stress reactivity linked to blood pressure, reduces psychological distress that drives hs-CRP, and enhances emotional regulation — making it easier to maintain consistent Nutrition and Movement habits that positively influence lipid profiles and uric acid levels.

Direct Links to the Core MarisMetrics Pillars

- **Sexual Wellbeing** — Acts as a foundational biological optimiser, naturally balancing key hormones while reducing cortisol to support emotional regulation, intimacy, and relational health.
- **Thoughts** — Lowers depression and anxiety risk while enhancing mood stability, reducing rumination and promoting clearer, more positive thought patterns — critical for mental resilience in clinical practice.
- **Willpower** — Creates a virtuous biological cycle. Reduced cortisol combined with increased pleasure hormones strengthens emotional regulation and intrinsic motivation, making it easier to sustain healthy habits across all eight Pillars.

In the Ultimate Human approach, sexual wellbeing is not a luxury or afterthought. It is a high-leverage input that optimises your entire biology — from stress response and inflammation to emotional clarity and long-term resilience. When thoughtfully integrated with the other Pillars, it becomes a powerful accelerator for energy, focus, connection, and the ability to show up as your strongest self — both for your patients and for your own life.

Closing Reflection

These correlations are not abstract science — they represent real, evidence-based pathways through which small, daily choices in the 8 Pillars can protect and restore your own health. MarisMetrics is designed to make this science personal, practical, and sustainable for health care professionals like you: those who give so much to others every day. By gently tending to your biomarkers through these Pillars, you invest in the resilience that allows you to continue showing up with clarity, compassion, and strength — shift after shift, year after year.