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Case Study

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**Application of *Triguna* for Managing  
Mental Wellbeing at Workplace**

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## **Application of *Triguna* for Managing Mental Wellbeing at Workplace**

### **Abstract:**

Rahul is a business executive, who experiences dissatisfaction and inner conflict in his workplace. Dr. Kavitha, his mentor, introduces him to the concept of triguna, derived from Indian philosophy, as a tool to manage his mental wellbeing. The theory of triguna posits three major modes of expression of the mind: sattva (balanced activity), rajas (hyperactivity), and tamas (hypoactivity).

This case illustrates how understanding and consciously shifting between these modes can help individuals navigate different situations effectively. It emphasizes that for all functional needs, one should invoke and dwell in a particular guna as needed and, once the needs are satisfied, practice bringing the mind back to the state of sattva. This is because sattva is the basis for the natural expression of happiness.

**Keywords:** workplace wellbeing, mental health, triguna, yoga



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