

Work Less, Live More: The Quiet Quitting Trend Everyone's Talking About

Quiet quitting is reshaping how people approach work, boundaries, and mental health

Swati Chaturvedi

In recent years, the idea of "quiet quitting" has gained cultural and psychological attention. Despite the name, it does not mean leaving a job. Instead, it refers to doing only what is officially required, no extra hours, no unpaid overtime, and no emotional labour beyond the tasks listed in the job description. It is about meeting expectations without overextending.

Dr Pragya Rashmi, Consultant Psychologist, Yashoda Hospitals, Hyderabad, shares all you need to know:

Why Are People Quiet Quitting?

From a psychological perspective, quiet quitting often arises as a response to workplace stress and exhaustion. The modern work environment, especially after the pandemic, has shifted significantly. Employees are dealing with heavier workloads, blurred boundaries between personal and professional life, and limited recognition or support. When demands outweigh resources such as rest, appreciation, or guidance, burnout becomes more likely.

The Job Demands-Resources model explains this well: when job demands consistently exceed available resources, employees disengage. Quiet quitting then acts as a coping mechanism, helping individuals protect their mental health by reducing overinvestment in work. For many, it is also about reclaiming control, setting boundaries and reminding themselves that work is only one part of life, not the entirety of it.

Potential Psychological Benefits

Quiet quitting can bring relief to those overwhelmed by constant pressure. By refusing extra tasks or avoiding after-hours emails, individuals may restore balance between work and personal life. This



creates space for rest, relationships, hobbies and self-care. Reducing overcommitment also gives people more control over their time and energy, which can enhance autonomy and reduce chronic stress.

In this way, quiet quitting can function as a protective strategy. It allows employees to step back, breathe, and focus on their overall well-being rather than being consumed by endless demands.

The Psychological Risks

However, quiet quitting is not always positive. Pulling back too much can lead to disengagement, reduced job satisfaction, and a sense of emptiness. For those who derive identity, achievement, or social connection from their work, emotional withdrawal may feel unfulfilling. Over time, this can contribute to dissatisfaction, low self-esteem, or even depression.

Another risk is that prolonged disengagement can make it harder to reconnect. Motivation that once

stemmed from ambition, growth, or collaboration may fade, leaving work feeling mechanical or meaningless. If quiet quitting arises from frustration or apathy rather than mindful boundary-setting, it can erode purpose instead of protecting it.

From a psychologist's viewpoint, quiet quitting is neither inherently good nor bad. It is a coping strategy that may help in certain contexts. For those dealing with chronic overload or burnout, it may restore balance and support mental health. But its impact depends on personality, values and life circumstances. People who thrive on growth, connection or meaning in their work may find quiet quitting unfulfilling.

The key is awareness and intentionality. If quiet quitting is chosen deliberately, with a clear understanding of its benefits and limitations, it can safeguard well-being. If it stems from cynicism or unre-

solved frustration, it may harm one's sense of purpose.

What Experts Recommend

- Reflect on your motivation, are you seeking balance or reacting to disillusionment?

- Set clear boundaries so work does not overwhelm personal life. Communicate these limits when needed.

- Seek support from mentors or counsellors if burnout is driving disengagement.

- Balance work with meaning by investing in hobbies, relationships and personal growth.

- Revisit your boundaries regularly, adjusting them as life or job circumstances change.

Quiet quitting reflects a larger social shift, a move away from hustle culture and toward mental wellness and sustainable living. It is not rebellion against work but a reminder that life is more than a 9-to-5 schedule.

How Waking Up Late Can Reduce Your Vitamin D Levels, According To Experts

Snigdha Oreya

Sleeping in often feels like a luxury, especially on slow mornings or after long workweeks. But consistently waking up late may be quietly chipping away at one of the body's most essential nutrients: vitamin D. This hormone-like vitamin, produced naturally when skin meets sunlight, influences everything from immunity and mood to bone strength and metabolic balance. And according to experts, missing the crucial morning sun window may significantly reduce your body's ability to make enough of it.

The Science Behind Missed Sunlight

A cyclist at the Kartavya Path on a cold and smoggy winter morning, as air quality remains poor in the national capital, in New Delhi. (PTI)

"Waking up too late to see the sun in the morning means missing the optimal balance of UVB rays needed for vitamin D synthesis," explains Dr. Pradeep Narayan Sahoo, Consultant – Internal Medicine, Manipal Hospital, Bhubaneswar. He notes that sunlight later in the day is often too harsh or insufficiently balanced for effective absorption, gradually lowering vitamin D levels over time.

The consequences extend beyond bones. "Common symptoms of deficiency include fatigue, brain fog, dry skin, brittle hair and low immunity," he adds, highlighting how subtle yet widespread the impact can be.

Why Vitamin D Matters Long-Term

Often called the 'sunshine nutrient,' vitamin D plays roles far beyond what most people realise. "It regulates the absorption of calcium and phosphorus, essential for maintaining strong, healthy bones and teeth," says Dr. Surendra U Kamath, Consultant – Orthopaedics, KMC Hospital, Mangalore. He warns that prolonged deficiency can cause rickets in children, osteomalacia in adults and contribute to osteoporosis later in life.

He emphasises the need for balance: "Adequate sunlight, diet and supplements support bone health, but excessive vitamin D can also lead to toxicity – so personalised guidance is important."

The Role Of Circadian Rhythm And Winter Sun

Nutrition expert Aditi Prasad Apte, Senior Clinical Nutritionist, Aster RV Hospital, Bangalore, elaborates on how timing affects synthesis. "The most effective window for natural vitamin D production lies between 10 am and 3 pm, when UVB rays are strongest and shadows are shortest," she says. Late wake-ups shorten exposure to this crucial window, especially in winter when days are shorter and indoor time increases.

Apte adds that disrupted circadian rhythms caused by waking late can magnify the problem, contributing to low energy, sluggishness, mood dips and slower muscle recovery – issues often linked to vitamin D insufficiency.

Experts recommend stepping outdoors for 10–15 minutes soon after waking to maximise natural synthesis. If mornings aren't possible, aim for midday sun with some skin exposure. Combine this with vitamin D-rich foods, like fortified dairy, eggs and fatty fish, or supplements, as advised by a healthcare professional. A consistent sleep-wake cycle also supports hormonal balance and helps your body utilise sunlight more efficiently.

Late wake-ups may feel harmless, but over time they reduce both sunlight exposure and the body's natural ability to produce vitamin D. Returning to an earlier routine, seeking regular daylight and maintaining balanced nutrition can protect long-term immunity, bone strength, energy levels and mood – making morning sunlight one of the simplest well-

Aneet Padda's Sculpted Amit Aggarwal Metallic Drape Is A Major Fashion Serve

Snigdha Oreya

There are celebrity looks that lean on nostalgia, and then there are the rare ones that pull fashion firmly into the present. At the star-studded gala in Mumbai, actor Aneet Padda did exactly that as she stepped out in a striking metallic fusion saree gown by Amit Aggarwal.

Her look felt refreshingly contemporary amid a sea of traditional finery. Effortless yet impactful, her look signalled a new direction for festive dressing: youthful, sculpted, and unmistakably modern.

Instead of the expected saree, Aneet chose a brown metallic ensemble crafted with a silhouette that nodded to draping traditions without replicating them. The fabric moved like liquid bronze, structured yet fluid, forming a sculptural line across her frame. The asymmetric fall introduced rhythm and dimension, allowing the outfit to catch light with every step.

It was a study in controlled drama: the shimmer stayed sophisticated, the drape unfussy, and the overall mood impossibly chic. In an era where



celebrities are embracing hybrid fashion, Aneet's look felt like a confident stride into the next wave of Indo-Western evolution.

Where many would counterbalance such a bold silhouette with high-glam beauty, Aneet exercised thoughtful restraint. Her soft waves, minimalist base, and whisper of pink on the lips kept the look light, fresh, and youthful. The choice to skip heavy jewellery and wear only a few rings added intention – leaving room for the silhouette, texture, and movement to be the story.

The result: a festive outfit that didn't shout, but quietly captivated.

The Swadesh launch drew an impressive lineup of Bollywood stars, many of whom arrived in opulent weaves, heirloom-inspired pieces, and artisanal ensembles to honour Indian craft. Amid this rich traditional tapestry, Aneet's futuristic drape carved out its own space and served as a reminder that celebrating culture can also mean embracing new design vocabulary.

Her appearance brought balance to the evening's aesthetic narrative, demonstrating that innovation and craftsmanship can coexist beautifully.

Winter Allergies Vs. Common Cold: Why We Keep Misdiagnosing Ourselves

Swati Chaturvedi

Every winter, countless people find themselves battling a runny nose, sneezing fits, and persistent congestion. Most instinctively blame a seasonal cold. But according to experts, many of these "winter colds" are actually winter allergies, a lesser-recognised but extremely common problem that intensifies as we spend more time indoors.

"People often assume it's just a cold when their nose won't stop running in winter, but the real culprits are frequently winter allergies," explains Dr Ankur Bambhaniya, Consultant, Critical Care and Internal Medicine, HCG Hospital Bhavnagar. Because symp-

toms overlap so closely, many struggle to tell one from the other. Yet, distinguishing between the two is important. "A cold runs its course, but allergies can continue indefinitely," he adds.

How Winter Allergies Mimic A Cold

Winter allergies and common colds can look nearly identical at first glance. Both can cause sneezing, a runny nose, coughing, and general discomfort. However, they behave quite differently. Colds typically involve:

Sneezing
Thick or colored mucus
Sore throat
Mild body aches
Low-grade fever
Symptoms lasting 7–10 days
Allergies, on the other hand, often present as:



Clear, watery mucus
Itchy, watery eyes
Symptoms triggered by specific environments or seasons
"Allergies do not cause fever or systemic fatigue the way colds do," says Dr M Ravi Kumar, Senior Consultant (Internal Medicine), Sakra World Hospital Bengaluru. "Cold mucus becomes thicker and yellowish, while allergies usually produce clear discharge."

Different Triggers, Different

Causes

The triggers behind winter allergies are vastly different from those behind a cold.

According to Dr. Bambhaniya, allergy triggers include tree, grass, and weed pollen; mold; pet dander; dust mites; and insect debris such as saliva or feces. Colds, by contrast, are caused by viruses primarily rhinoviruses.

Why Diagnosis Is Harder In India

Dr Ravi Kumar explains that India's unique healthcare landscape makes identifying the root cause even more challenging.

High disease burden: Frequent respiratory infections and widespread chronic conditions like asthma can blur symptom patterns.

Indoor allergen exposure: Sealed homes and long winter

nights amplify contact with dust mites and dander.

Environmental pollution: Both indoor and outdoor pollution aggravate nasal and respiratory symptoms.

Low awareness: Many people are unaware of symptom differences or lack access to diagnostic tools like skin prick tests.

When to See a Doctor

If symptoms last beyond 10 days, recur every winter, worsen indoors, or include difficulty breathing, medical evaluation is essential. "Your doctor can help determine whether it's a cold or allergies and recommend appropriate testing," stresses Dr Bambhaniya.

With better awareness and timely medical guidance, we can stop confusing the two and treat winter sniffles the right way.