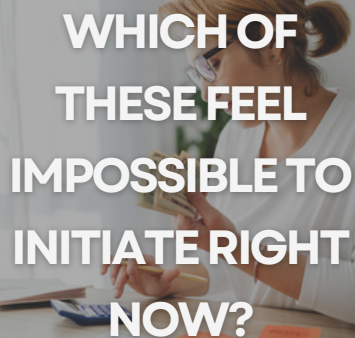


THE MENTAL LOAD AUDIT FOR ND MOMS

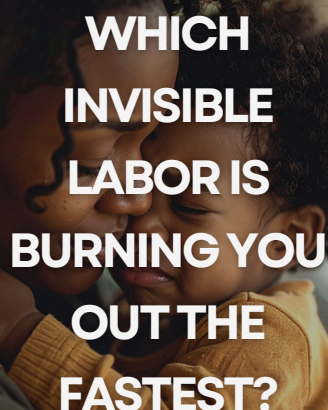
*a quick clarity tool for when
executive dysfunction
has you f*cked up*



WHICH OF
THESE FEEL
IMPOSSIBLE TO
INITIATE RIGHT
NOW?

DAILY OPERATIONS

- ☐ schedules, appointments, transition
- ☐ meal planning & food logistics
- ☐ household operations
- ☐ morning/bedtime routines
- ☐ who needs what, when, and where
- ☐ managing my own basic needs
- ☐ sensory overload & regulation
- ☐ task initiation

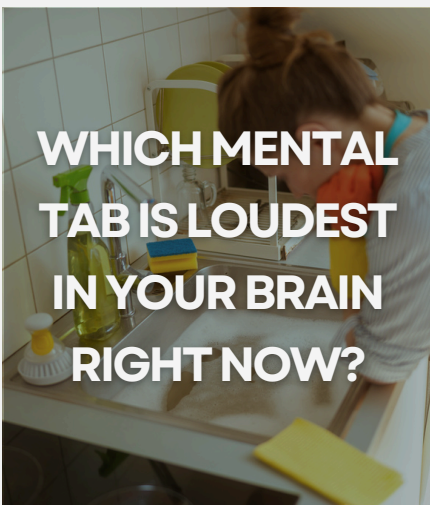


WHICH
INVISIBLE
LABOR IS
BURNING YOU
OUT THE
FASTEST?

EMOTIONAL LABOR

- ☐ tracking everyone's moods
- ☐ anticipating needs
- ☐ being the "default parent"
- ☐ mediating conflicts
- ☐ holding space for everyone's feelings
- ☐ masking my own fatigue
- ☐ translating between neurotypes

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WHICH MENTAL
TAB IS LOUDEST
IN YOUR BRAIN
RIGHT NOW?

TABS I CAN'T CLOSE

- ☐ mentally rehearsing conversations
- ☐ invisible to-dos only I remember
- ☐ worrying about what I'm forgetting
- ☐ guilt about doing it "wrong"
- ☐ what-if spirals
- ☐ decision paralysis
- ☐ executive dysfunction loops



ready for relief?

get 7 free ChatGPT prompts that help you offload the mental load:

✧ [get your free prompts](#) ✧