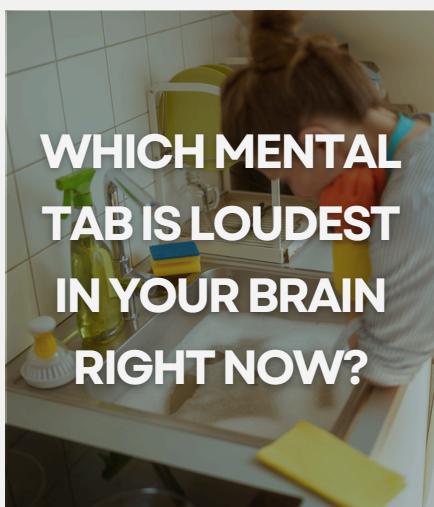
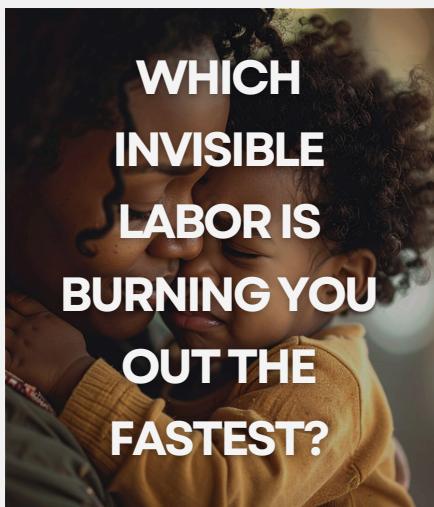
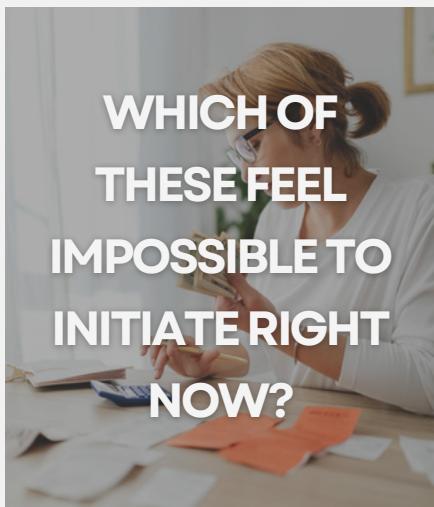


THE MENTAL LOAD AUDIT FOR ND MOMS

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



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

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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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 ◊](#)