



IDENTIFY WHAT YOU ARE CARRYING AND HOW TO DISTRIBUTE

Mental Load Inventory

A quick exercise to map everything you're carrying then identify what could be lighter.



Work Responsibilities:



Household Responsibilities:



Emotional Responsibilities



Caregiving

Reflect

	What could be shared or delegated?
	What's consuming the most energy?
	What would happen if you let one thing go?

Feeling overwhelmed by what you see? You're not imagining it. You really are carrying a lot. Professional counselling can help you redistribute this load and reclaim your energy.

Ready to lighten your load? Book a counselling session today. Call 1-833-275-8332.

