

What Is the Mental Load?

The mental load refers to the invisible, often unacknowledged, labor involved in managing a household, family, and social life. It encompasses the constant planning, organizing, remembering, and decision-making that keeps everything running smoothly, even if no one explicitly asks for it. This burden disproportionately falls on one individual in many relationships, leading to burnout and resentment.

Why this kit works

This kit is designed to help both partners reflect on and rebalance the mental load before it leads to conflict or exhaustion. It provides a structured approach to identify unseen tasks, open honest communication, and create a more equitable distribution of responsibilities.

Tip for success

To get the most out of this kit, set aside 20-30 minutes with your partner without distractions. Find a quiet space where you can both focus on the exercises and engage in open, non-judgmental dialogue.

Not sure how to start the conversation?

Use the following prompt with ChatGPT or your preferred AI assistant to help you craft a conversation starter that suits your unique situation and partner's personality. Scan the QR code below or use the provided link to access the pre-written prompt.

ChatGPT Prompt:

"My partner is usually defensive when we talk about chores. Help me start a conversation that makes them feel included, not blamed. Consider that my partner is [solutions-focused / detail-oriented / sensitive]."

Bonus Tip: Personalize the prompt by choosing the option that best describes your partner: "solutions-focused," "detail-oriented," or "sensitive." This will help the AI generate more tailored and effective suggestions.

What I Carry (Without Being Asked)

Use this space to privately list all the tasks you handle that contribute to the mental, emotional, and physical load of managing your household and family life. Be as specific as possible, and don't worry about how small or insignificant a task may seem. The goal is to make the invisible visible.

Instruction: Write privately, then swap with your partner.

[illegible]

Starter Checklist (Mental Load Awareness)

This checklist highlights common invisible tasks that often go unnoticed but contribute significantly to the mental load. Use it to spark conversation and identify areas where responsibilities might be rebalanced. Tick the boxes that apply to your household, and add any custom tasks in the blank spaces provided.

Invisible Tasks

- ☐ Ensuring school uniform is always clean and ready
- ☐ Remembering birthdays and organizing gifts/celebrations
- ☐ Booking and managing dentist/GP appointments for the family
- ☐ Knowing when the milk (or other essential groceries) runs out and adding it to the list
- ☐ Managing family WhatsApp groups and other social communications
- ☐ Planning and packing for family outings or vacations
- ☐ Researching and enrolling children in extracurricular activities
- ☐ Keeping track of household inventory (e.g., cleaning supplies, toiletries)
- ☐ Anticipating future needs (e.g., school supplies, seasonal clothing)
- ☐ Dealing with unexpected household issues (e.g., broken appliances, leaky faucets)

Custom Tasks

- ☐
- ☐
- ☐
- ☐
- ☐

The Big Household Task Splitter Sheet

This sheet is designed to help you and your partner openly discuss and rebalance household responsibilities. The goal is not to assign blame, but to identify tasks that can be shared or redistributed to create a more equitable division of labor. Go through each section together, honestly assessing who currently handles each task and whether it can be shared.

Instruction: Go through together. This isn't a blame list — it's a rebalancing tool.

Task Category	Currently Done By	Can This Be Shared?
Cleaning		
Daily tidying		
Weekly deep clean		
Bathroom cleaning		
Kitchen cleaning		
Laundry (washing, folding, putting away)		
Vacuuming/Mopping		
Dusting		
Childcare		
School drop-off/pick-up		
Homework help		
Bedtime routine		
Doctor appointments		
Playdates/Activities		
Discipline		
Admin		
Bill paying		
Mail sorting		
Appointment scheduling (non-child related)		
Managing household budget		
Insurance paperwork		
Food		

Task Category	Currently Done By	Can This Be Shared?
Meal planning		
Grocery shopping		
Cooking		
Washing dishes/Loading dishwasher		
Packing lunches		
Future Planning		
Financial planning		
Vacation planning		
Home maintenance scheduling		
Car maintenance scheduling		
Emotional Support		
Listening to concerns		
Providing comfort		
Remembering important dates (anniversaries, etc.)		
Managing family dynamics		

Our Fair Plan

This planner is designed to help you and your partner implement your rebalanced mental load plan. Use it to clearly define and track weekly, monthly, and ongoing responsibilities, ensuring a more equitable distribution of tasks. Remember, this is a living document – revisit and adjust as your needs evolve.

Weekly Tasks

Task	Assigned To	Done
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Monthly Tasks

Task	Assigned To	Due Date	Done
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Ongoing Responsibilities

Responsibility	Assigned To	Notes

Shared Admin

Admin Task	Assigned To	Notes

Future Planning

Area	Notes	Action Items

Custom Entries

-
- []
 - []
 - []
 - []
 - []

Bonus AI Prompts

These prompts can be used with ChatGPT or other AI assistants to help navigate sensitive conversations and find equitable solutions in your relationship.

- "How do I tell my partner I'm burnt out without sounding like I'm attacking?"
- "What's a good compromise if one person works more hours than the other?"