OPTIFAST VERY LOW CALORIE DIET

Lifestyle Series

WITH DR CAL PATERSON

Clinical Psychologist

Worksheet 6: Mental load

How doing less can bring you *more.*

What is mental load?

Mental load is the daily effort involved in managing your work, relationships with others, and your household tasks. It is the mental burden of responsibilities, decisions, and remembering, for yourself and the other people in your life.

Some examples:

- remembering birthdays
- making sure there are clean clothes
- making sure not to run out of groceries
- balancing the budget
- keeping everyone in your life safe
- being healthy
- everyone in the family getting along
- getting a good night's sleep

List some of your mental loads, and for each load, identify who this mental task is about, or who it is for.

Mental load	Who is it for?

Consider, what proportion of those responsibilities are for you, and how many relate to the needs of other people in your life?

Making changes for yourself means clearing space to gather resources. Some of the responsibilities you carry right now may need to be re-allocated to other people.

Identify, by circling above, one or more of the loads you will hand over to someone else to manage.