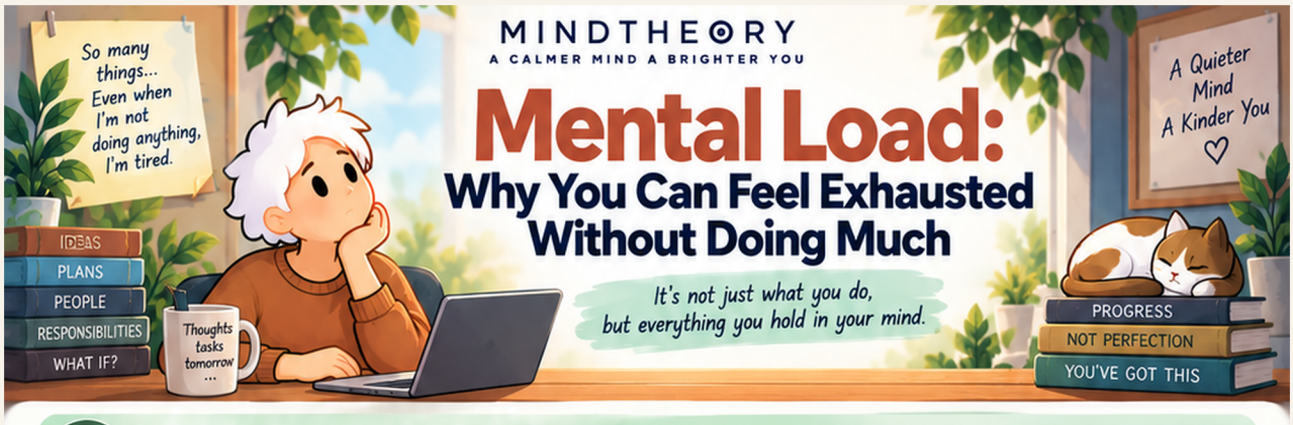


MINDTHEORY

A CALMER MIND A BRIGHTER YOU

Mental Load:

Why You Can Feel Exhausted Without Doing Much

It's not just what you do, but everything you hold in your mind.

1 The 4 Stages of Mental Load

It's a cycle that often runs in the background.

1 Notice

You see a need or potential problem.

"I need to remember this."

2 Plan

You think about options, make decisions and mentally organise.

"How should I handle this?"

3 Keep Track

You hold it in your mind, check, adjust and worry about it later.

"Did I remember everything?"

4 Repeat

Even when it's done, your mind moves to the next thing.

"What's next on the list?"

1 Common Areas

Mental load shows up in many parts of life:

- Home & household
- Family & relationships
- Work & deadlines
- Emotional care
- Errands & logistics
- Long-term planning

It's invisible work, but it's real.

2 Brain Mechanics

Your brain treats unfinished tasks as open loops.

Open Loops

Your brain keeps unfinished tasks active, so they take up mental space.

Threat Sensitivity

The brain sees unresolved tasks as potential problems, which can create low-level stress.

Limited Resources

Mental energy is finite. The more you hold in your mind, the faster you feel drained.

"Your brain remembers incomplete tasks better than completed ones."



More tabs. More mental load.

2 The Manager vs. Worker

Your brain has two roles:



The Manager (Thinking Brain)

- Plans
- Makes decisions
- Keeps track
- Worries about the future



The Worker (Doing Brain)

- Carries out tasks
- Focuses on the present
- Uses mental and physical energy
- Needs clear instructions

Even when the worker is resting, the manager often stays active.

3 4 Practical Action Steps

Lighten the mental load and give your mind breathing space.

1 Externalise

- Write things down
- Use a planner or app
- Get it out of your head and into a trusted system

A written plan frees mental space.

2 Simplify

- Reduce unnecessary choices
- Create routines
- Set realistic standards

A simpler life is a calmer mind.

3 Close the Loop

- Finish or explicitly decide "not now"
- Break big tasks into smaller steps
- Celebrate small wins

Completed tasks give mental relief.

4 Be Kind to Your Mind

- Take real breaks
- Protect your rest time
- You don't have to hold everything
- Progress is enough

A calmer mind helps you do more of what really matters.

LIGHTER THOUGHTS BRIGHTER DAYS

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You're doing better than you think