

Mom Mental Load OS**Mom Mental Load Recovery Kit**

Operational relief for whatever your bandwidth.

ARRIVE

The problem is not *organization*.

BUILT AROUND CAPACITY-SAFE DESIGN PRINCIPLES. LOAD-TRANSFER INFRASTRUCTURE FOR MOTHERS CARRYING INVISIBLE LABOR.

This is not a planner. Not a motherhood improvement project.

The goal is not to make you carry it better — it is to put some of it somewhere else.

MOM MENTAL LOAD OS**Mom Mental Load Recovery Kit**

Operational relief for the list no one else can see.

HOW TO USE

1. Nothing is required to open this kit.
2. Safety comes first — it is the next page.
3. If you have room to choose, the Mental Load Route follows. One door, or none.
4. Stop whenever enough. Returning later is not starting over.

NOTHING RIGHT NOW?

Nothing required.

No sorting. No parenting plan. No request. No explanation. No next step.

Close this kit if that is all you can hold. It counts.

The next page can wait until you are ready

Safety + boundaries first

NOTHING ON THIS PAGE REQUIRES ACTION. THIS KIT DOES NOT EVALUATE YOUR MOTHERHOOD.
You do not need to explain why the load is heavy.

PRIVACY — DO NOT PASTE INTO AI

Passwords, 2FA codes, account numbers, detailed medical records, confidential work/school information, legal or financial records, or another person's sensitive information.

The optional AI pages at the back of this kit run in your own AI account — that provider's privacy and retention settings apply.

WHAT THIS IS NOT

- Not therapy, diagnosis, or medical advice
- Not a child-safety or parenting-adequacy assessment
- Not legal, family-law, or relationship-safety advice
- Not a replacement for a child's care plan or professional guidance
- Not a judgment of what is urgent, safe, or important in your real life
- Not a requirement — every page is optional

NOT

NEED A PERSON INSTEAD?

This kit can wait. You do not have to finish a tool before asking a person.

Depending on the situation, that might be: a trusted person, a co-parent or other caregiver when appropriate, family or friends, childcare support, a healthcare or mental-health professional, a school or support provider, legal/financial/professional support — or emergency/crisis support for immediate danger.

If asking for help, setting a boundary, or confronting someone could make you less safe, do not use this kit as a confrontation script — use a trusted or specialized support pathway instead.

The route is next — choosing is optional

What needs less weight right now?

You do not have to know. Put the load down first — or choose nothing.

One page can be the whole session.

Choosing feels like more work?

Go to 01 · Mental Load Vault. Put the load down first — no sorting required.

HOW DOES IT FEEL RIGHT NOW?

It all lives in my head — put it down
→ 01 MENTAL LOAD VAULT · P. 4

IF YOU HAVE ROOM TO CHOOSE A SPECIFIC TOOL

Invisible work nobody sees
→ 02 INVISIBLE LOAD SPLITTER · P. 5

Everything feels like my job alone
→ 03 MINE / SHARED / NEEDS SUPPORT · P. 6

Everything feels urgent
→ 04 KNOWN NOW / KNOWN LATER · P. 7

Nothing left but they still need me
→ 05 LOW-DEMAND PARENTING SUPPORT · P. 8

Irritated, resentful, or unseen
→ 06 RESENTMENT SORTER · P. 9

Too much noise, touch, input
→ 07 LOWER-INPUT MOM RESET · P. 11

I need another person to hold a loop
→ SUPPORT REQUEST BUILDER · UTILITY · P. 10

Close the day without an audit
→ 08 ENOUGH FOR TODAY · P. 18

One page is enough — none is too

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SYSTEM 01

Mental Load Vault

Your brain was never supposed to be the family filing cabinet.



Put the mental load here

School. Food. Money. Appointments. Work.
Moods. Guilt. Whatever is taking up space. No
categories yet — fragments count.

♡ FEELS LIKE: *A vault — put it down, walk away*

Stop whenever enough

Offload is enough for today. Sorting is optional — later, or never.

SYSTEM 02

Invisible Load Splitter

You are not tired from nothing. You are tired from tracking everything.

THIS PAGE

Name what no one sees — only if sorting would help

Place each weight where it belongs. Fragments count. You are not solving — you are naming.

PLACE THE WEIGHT WHERE IT BELONGS — OPTIONAL

Leave it unsorted if sorting is more work. The Vault already holds it.

Visible tasks

what someone else could see

Invisible tracking

what you remember, monitor, anticipate

Emotional holding

moods, needs, guilt, worry

Future scanning

what you are already preparing for

Not mine alone / needs support

what became yours because you noticed first

Stop whenever enough — you do not have to feel better for this to count

SYSTEM 03

Mine / Shared / Needs Support

Making the load visible is not the same as deciding who must own it.

THIS PAGE

Where does this sit today?

This page does not determine legal or parenting responsibility — it only makes what you are carrying visible.

PLACE EACH LOOP WHERE IT HONESTLY SITS

Nothing here erases responsibility — and nothing here keeps it with you.

I'm actively holding this today

mine right now, whatever the ideal is

Shared

another adult already holds part of this

Needs another person

a human needs to be involved

Not mine to solve alone

bigger than one person's job

Needs a conversation / decision

a talk or decision before it moves

Unclear

I genuinely don't know

Stop whenever enough

SYSTEM 04

Known Now / Known Later

Not urgency triage — just what you already know about the load.

THIS PAGE

What do you already know about this?

Sort only by what you already know — not by what you think you should decide.

PLACE ONLY WHAT YOU ALREADY KNOW

This page does not determine urgency. If something involves child safety, health, medication, supervision, legal or financial obligations, school requirements, or another consequential responsibility and you're unsure — use the appropriate person, care plan, or official source.

I already know needs attention today

you already know this

I already know can wait

you already know this too

Needs another person / professional / official source

a human or official answer, not this page

I don't know

leave it here — unknowing is allowed

Stop whenever enough

SYSTEM 05

Low-Demand Parenting Support

Your child's real needs stay real. This page only helps shrink the extra expectations around them.

THIS PAGE

Shrink the extras, not the care

This tool does not determine child safety, supervision needs, feeding needs, medical needs, developmental needs, or what care may be skipped.

ONLY WHAT HELPS — NOTHING REQUIRED

Real care stays real. Only the extras around it can shrink.

Known care my child/family already needs today
what you already know they need

One nonessential expectation I can simplify or drop
the extras — not the care

One connection or repair — only if useful
a small moment, if there is room

One support / handoff request
something another person could hold

Needs another adult or professional — or I'm not sure
when in doubt, a human

SYSTEM 06

Resentment Sorter

Resentment can point to load, hurt, invisibility, or repeated imbalance.

THIS PAGE

Name it without acting on it

No confrontation required now. If raising this with another person could make you less safe, use a trusted or specialized support pathway instead.

PLACE IT — YOU DO NOT HAVE TO SEND IT

Naming it here is the whole task.

What I keep doing unseen
the work only you register

What I wish was noticed
what acknowledgment would touch

What I need help carrying
load that needs another set of hands

What may need a conversation later
later — not tonight unless you choose

What I am not ready to discuss · optional
it can stay here

Stop whenever enough

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UTILITY · OPTIONAL

Support Request Builder

A request is not yet a handoff. Responsibility is not actually transferred until another appropriate person has agreed to hold it.

THIS PAGE

One loop, one ask

If nobody is available, that is real — the Need a Person routes on the Safety page apply. If asking for help or setting a boundary could make you less safe, use a trusted or specialized support pathway instead.

DRAFT ONE REQUEST — SENDING IT IS OPTIONAL

Drafting is not demanding. Not sending it is allowed.

One loop I'm holding
the thing that lives in your head

What I want another person to own or do
specific, kind, hard to misunderstand

What agreement or confirmation I need
what 'they actually hold it' looks like

What I can release after the handoff is agreed
only once it is actually held by someone

Stop whenever enough — including before you send anything

SYSTEM 07

Lower-Input Mom Reset

There may be too much input right now.



*Lower one nonessential input — if
that is possible*

A light, a sound, a screen, a demand you can
pause. All optional — access needs differ.
Children's immediate care and supervision
needs stay intact.

 FEELS LIKE: *What changed, if anything — optional*

Stop whenever enough — no improvement required



Welcome back.

Nothing to catch up.

You do not have to explain where you've been.

[Put one thing down · p. 4](#)

[Nothing today · p. 18](#)

[I have room to choose · p. 3](#)

- *Returning counts.*
- *The invisible list can stay here when you leave.*
- *One page is a complete session.*

RETURN

Coming back counts

You are not starting over. You are continuing from where your capacity is today.

Guided Routes

Higher-capacity · optional

Each stop is complete. Stop after any page.

Safety is already established — every route starts with putting the load down.

GUIDED ROUTES — EACH STOP IS COMPLETE

Put It All Down First

It all lives in my head.

O1 Vault → O2 Splitter → O3 Mine/Shared → O8 Enough for Today

Externalize first. Sorting only if it helps.

The Extras Are Crushing the Care

Nothing left but they still need me.

O1 Vault → O5 Low-Demand Parenting → O8 Enough for Today

Real needs stay real. Only the extras shrink.

The Resentment Is Loud

Irritated, unseen, or doing it all.

O1 Vault → O6 Resentment → Support Request → O8 Enough for Today

Name it. Ask only if asking is safe and useful.

Everything Feels Urgent

I can't tell what actually needs me today.

O1 Vault → O4 Known Now/Later → O8 Enough for Today

Sort only what you already know — the rest routes to a person.



Optional AI — bounded support

Copy, paste, one bounded reply, stop.

If opening AI feels like more demand, skip this section.

The kit works without AI.

THIS PAGE

Three prompts — each ends

Each prompt runs one cycle in your own AI account. That provider's privacy and retention settings apply — do not paste identifying or sensitive details.

Mental Load Sorter

Sort the load you paste — by what you already know, not by urgency AI decides.

[next page](#)

Low-Demand Parenting Support

Shrink the extra expectations around care — never the care itself.

[page after](#)

Support Request Builder

Draft one clear ask from facts you provide.

[last page](#)

Skipping AI entirely counts

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KNOWN NOW / KNOWN LATER

KNOWN NOW / KNOWN LATER

Copy from here →

I'm going to paste what's in my head about timing. I already know some of it — organize what I know; do not create urgency judgments of your own.

Sort what I paste into these buckets (leave empty ones blank):

- I already know needs attention today
- I already know can wait
- Needs another person / professional / official source
- I don't know

Rules for you:

- I am the source of the timing knowledge — you organize it, you don't create it.
- Do NOT determine whether child safety or health, medication, supervision, school requirements, legal or financial obligations, caregiving duties, or any other consequential responsibility can wait.
- Anything consequential I haven't already resolved goes to "Needs another person / professional / official source" or "I don't know."
- Nothing disappears. If something can truly be dropped, that decision is mine or a person's — not yours.
- Maximum 8 items total. Group similar items.
- If more remains, say only: "More is held here. You do not need to review it now."
- End with permission to stop.

Capacity — optional: blank / "I don't know" = lowest load. Never infer or declare my Capacity State.

You cannot see me, my child, or my home. Do NOT decide: child safety, feeding, supervision, medical or developmental needs; whether required care can be skipped; urgency; legal/parental responsibility; or whether anything can wait or disappear. Unclear → "Needs another adult / professional / official source." Danger or abuse/neglect concern → stop and point me to emergency or professional support. If asking could increase danger or control, do not write a script — point me to trusted or specialized support.

One cycle only. End with permission to stop — I do not have to feel better for this to count. Don't paste private records or identifying details.

What's in my head:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough. Not knowing is allowed to sit there.

End prompt — stop when the sort is done, or whenever enough.

One reply is a complete session



LOW-DEMAND PARENTING SUPPORT

Copy from here →

Parenting is carrying extra expectations right now. I want help reducing the extras — NOT determining what care my child needs. You cannot see my child or my home.

Organize what I paste into:

- Care I already know is needed — what I've said my child or family needs; keep it intact
- One nonessential expectation I can simplify — enrichment, presentation, household extras, self-imposed standards
- One connection or repair — only if useful; small
- One support or handoff I could request — optional
- Needs another adult / professional / unclear

Rules for you:

- Do NOT determine feeding adequacy, child safety, supervision, medical, medication, or developmental needs — or whether any required care can be skipped.
- Do NOT define minimum or "safe-enough" parenting. No universal care-threshold slogans.
- If anything about my child's safety, health, or required care is unclear, say so and point me to the appropriate person, professional, care plan, or emergency service — do not guess.
- Maximum 5 short lines total. One simplification suggestion at most.
- End with permission to stop.

Capacity — optional: blank / "I don't know" = lowest load. Never infer or declare my Capacity State.

You cannot see me, my child, or my home. Do NOT decide: child safety, feeding, supervision, medical or developmental needs; whether required care can be skipped; urgency; legal/parental responsibility; or whether anything can wait or disappear. Unclear → "Needs another adult / professional / official source." Danger or abuse/neglect concern → stop and point me to emergency or professional support. If asking could increase danger or control, do not write a script — point me to trusted or specialized support.

One cycle only. End with permission to stop — I do not have to feel better for this to count. Don't paste private records or identifying details.

What's sitting on parenting right now:

[PASTE HERE — MESSY IS FINE]

Stop whenever enough. The extras can get smaller; the care stays real.

End prompt — stop after one reply, or whenever enough.



SUPPORT REQUEST BUILDER

Copy from here →

Help me draft one support request — words only, nothing is sent.

I'll give you:

- The loop I'm holding — the recurring thing I keep tracking
- What I'd want another person to own or do — own the loop, or help once
- What agreement or confirmation I'd need

Draft one short, specific request I could adapt.

Rules for you:

- Distinguish helping once from owning the loop — say which this draft asks for.
- A request is NOT a completed handoff. Do not say I've released anything — that only happens when a real person has actually agreed to hold it.
- If no one is available to ask, it isn't safe to ask, or I'm not ready — say that's a complete answer and stop there.
- If asking could increase danger, retaliation, coercion, or control — do not produce a script; point me toward trusted or specialized support instead.
- One draft. Short. End with permission to stop.

Capacity — optional: blank / "I don't know" = lowest load. Never infer or declare my Capacity State.

You cannot see me, my child, or my home. Do NOT decide: child safety, feeding, supervision, medical or developmental needs; whether required care can be skipped; urgency; legal/parental responsibility; or whether anything can wait or disappear. Unclear → "Needs another adult / professional / official source." Danger or abuse/neglect concern → stop and point me to emergency or professional support. If asking could increase danger or control, do not write a script — point me to trusted or specialized support.

One cycle only. End with permission to stop — I do not have to feel better for this to count. Don't paste private records or identifying details.

The loop and what I'd want — messy is fine:

[PASTE HERE]

Stop whenever enough. A draft you never send still counts.

End prompt — sending it is a separate, optional decision.

Drafting is not sending — either can end the session

Enough for today.

This round can end here.

The invisible list can stay here.

Nothing to catch up. Return whenever you want.

REMEMBER

- *Real care counts even when no one saw it.*
- *Needs can stay real while expectations shrink.*
- *Stopping is allowed at any point — it was allowed the whole time.*

CLOSE THE LOOP

The rule of this OS

Every experience ends here. No streaks. No failure state. The goal is less weight — not better performance.

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Close when you're ready — the list can stay here