

YOUR GIFT



FREE GUIDE:

5 Ways to Lighten the Mental Load Right Now

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"Simple shifts you can make today to reclaim your clarity, energy, and peace."

Dear You,

You're carrying a lot.

Not just tasks but thoughts, expectations, worries, emotions, and invisible responsibilities that never seem to pause.

This guide was created just for you. To remind you that you don't have to carry it all, all the time.

Inside, you'll find 5 gentle but powerful ways to lighten the mental and emotional weight you've been holding.

This is your first *BREAK*, a moment of clarity and care.

Take what resonates. Come back to it when you need a reset. And know this: you're not alone on this journey.

With care,

Dr. Tasheka Cox

1.Name the Load You're Carrying

Unspoken responsibilities create silent stress.

Take 3 minutes and write down everything you're mentally managing such as, work deadlines, family needs, emotional labor, etc.

Try this:

Start your list with "What's weighing on me right now?"

Then ask: Which of these are mine to carry? Which can I pause, delegate, or let go?

Journal: What's one responsibility I've taken on that no one asked me to?

2.Give yourself Permission to Pause

You don't have to earn rest.

Sometimes the best mental release is in the *pause* between doing. Even 3-5 minutes can calm your system.

Try this:

Set a timer for 5 minutes. Sit still.

Breathe in for 4, hold for 4, out for 6.

Let your mind and body be still even if just for this moment.

Affirmation:

I am worthy of rest, even when there is more to do.

3. Set a Mental Boundary

Mental clutter often comes from blurred lines between what you need and what others expect.

Try this:

Choose one boundary you can practice today like saying “no” to an extra ask, or not checking your email after a certain hour.

Journal: What boundary would help protect my peace right now?

4. Replace One Thought with One Truth

Your thoughts can create pressure.
Especially, when those thoughts are automatic and harsh.
You can rewrite the narrative.

Try this:

Notice one negative thought today like, “I should be doing more”.
Replace it with a truth: “I’m doing my best with what I have.”

5. Reconnect with What Nourishes You
Mental load shrinks joy. Let's invite it back in.

Try this:

Choose one small thing that nourishes you such as a song, a walk, a moment of laughter, dancing in the kitchen, journaling at sunset. Make it non-negotiable.

Journal:

When was the last time I did something just for me?
What could I say yes to this week?

Ready for a Bigger Break?

If this guide gave you a breath of fresh air, imagine what a coaching experience could do.

At The Mental Load Break, I help women release the invisible weight, rewrite internal narratives, and lead with clarity and confidence.

Let's talk. I'd love to support you!
www.thementalloadbreak.com