MONTH 06 • READER TOOLKIT

# Mental Load Reset

A practical worksheet to go with this month's HerLegacy letter. Keep it for yourself, print it, and take the next step at your own pace.

### BRAIN DUMP

Three things taking up mental space today:

### SORT IT OUT

One thing I can do this week:

One thing I can delegate, delay, or decline:

One restful activity I will actually schedule:

### YOUR ONE SMALL NEXT STEP:

**EXPLORE MORE:** nimh.nih.gov/health/topics/caring-for-your-mental-health