

WEEK 1 – NINETY NINE TABS OPEN IN YOUR BRAIN

The mental load of motherhood is a little like having ninety-nine tabs open in your web browser (your brain being the web browser).

Do you have a collection of objects that highlight this motherload well? eg Shopping lists, notes from your kids, all the tissues and acorns you've gathered from pockets before washing clothes.

Please share in photos or words.

Other people's library and ATM cards. Two of my children are happy for me to carry them with me at all times. The problem is the ATM cards were replaced over a year ago with "new" ones soon after their accounts were opened, and I haven't found the time to "certify" them with the bank, so I carry duplicates. The library cards have also been re-issued and are awaiting pick up, but I carry the old ones with me. The middle child, the independent one, insists on carrying all his cards in his wallet. But he never knows where it is.

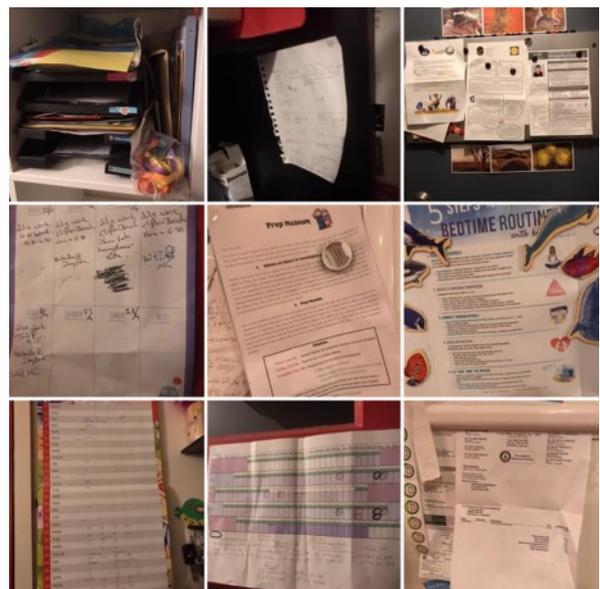


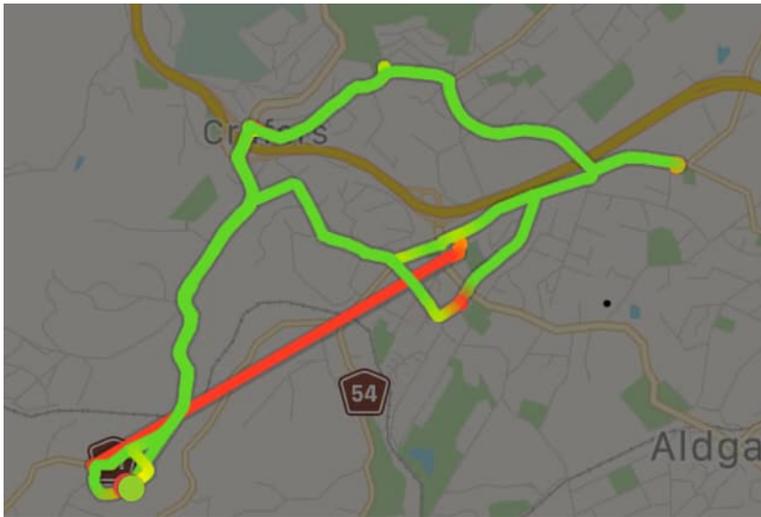
Several containers like this!

- Ah yes! Containers full of odd bits that have no correlation to each other. Love it.

- We call this 'Kid Rubble' it is especially prevalent during house moving-once the furniture is removed.. 😊💕

The many places for many notices, bills, calendars, lists.... all in/within arms-reach of the command centre (kitchen)....





Here is an attempt to capture the mental load in map form: a Tuesday afternoon, with school run (top point), to barbershop for son, to home (lower left) to Taekwondo, to home, to Taekwondo, to Guides (far right) to home, to Guides, to supermarket, to home. The app recorded it as 38 km, and I forgot to record one leg 😊

Perhaps add a vertical dimension, here I am on the roof trying to retrieve a chicken (between barber and Taekwondo) 😊

My car is mission control. The floor of my car is the catalogue of the chaos - soccer boots, odd sock, half empty water bottles, mint wrappers, pens, bobby pins, junk mail, school note, old shopping list, dog lead, window cleaning wipes, old community newspaper, shopping bags, business cards, first aid kit, tennis ball, crumbs, old toys from happy meals, coins that have fallen through the seats. It's a time capsule of flurry, a mobile archive of things done with more to come.

The actual open tabs on my phone browser: Pallet Cubby House; The Arts in the K-2 classroom; www.scarymommy.com/women do most of the emotional labour; How to entice a cyclamen to flower again; POEM: Admonitions To A Special Person; Healthy Coco-Pop Bars; Thermomix Rock Cakes; Music and the mental load google search; SMH I decided to drop my family's mental load for a week; ArTELIER; Rock Cakes; Airbnb; Search-Library Catalogue; Olaf's Frozen Adventure full movie Google Search; RSVP to ArTELIER LAUNCH; EOI ArTELIER; Giving your partner the silent treatment isn't harmless; Royal Tasmanian Botanical Gardens; CVC LEGO Mats activity; Hobart Forecast; blossom food scrap hacks; Before you compost; Couples therapy Workshop; Map-Dark Mofo; Terrapin + Teatret Gruppe 38; Manage your Apple account; Big W Google search; Coles catalogue; Workshops Docx; Family tax benefit; Phone Us - Australian Government Dept of Human Services; Woolworths online order collection..... That was a bit cathartic..... and like my mental load there are a stack of these that no longer need to be open, but have been left as I crazily move onto the next thing.....

This is part of it but I also have SO many kid rubble pots, collected from many many years of my kids lives. Things that don't warrant throwing out but are not used, not in the last 5 years of multiple moves. Last year I moved a box of rocks and bones that my son collected and they remain in my garage. I have a 'plan' to make a glass coffee table and put them all in it. One of my many many plans. One of many collections moved from house to house! I just read a post about car junk too. Once I burnt a hole in the base of my car 'carpet' from a mouldy dropped sultana from my youngest. Did you know sultanas can burn holes in carpet? I didn't! It was a sizeable hole! Amazing!

The reality is that I want to sit and compile a really thoughtful answer, but if I wait for that opportunity, it will be another thing on my mental "to do" list which will stress me out! I wake up anxious about everything I need to do, even if I don't know what that is yet! Every day I feel like I start a million tasks and finish none. And I'm the type of person who likes to achieve/complete/tick things off the list... As I'm cleaning up one mess, another one is being created, and then the screaming means I have to stop cleaning up the first mess, so now there are two messes and a screaming child! Also, writing a to do list is on my to do list... and never gets crossed off because it's never completed!

I buy cute little note books from stationary shops like typo with the idea that I can write my daily tasks and shopping lists and tick everything off neatly as I go only to find I end up scribbling furiously little notes on random bits of scrap paper at work or open said note book at random pages and scribble notes forgetting to use my neat tick box theory so end up with all these messy bits of paper that I can't throw out as they have important bits of info or reminders. I do this both at work and at home and I even sometimes use my home notebook at work by accident so I end up carrying all these notebooks to and from work in case I need to find a certain note. I also never throw out said notebooks because they could have important log in details and passwords that I've written down when signing up to certain things. You have to have a password for everything these days. I have a box of notebooks under my bed from years of notebook collecting. I also collect receipts. So many receipts. My partner tried to get me to use secure apps on my phone for all my passwords etc but I can't bring myself to set it all up. I'm drowning in paperwork.

- i have notebooks!! Like the one to write down who got what Xmas present and what we gave each year(cousins mostly) and notes in my phone, and a trello page and the scrap paper pad made from old school notices for shopping lists and urgent today todos and and and....
- I LOVE notebooks so much. This is my guilty (or not really) purchase. They are generally meant to be for creative ideas but they end up having all sorts of lists and dates and random kid drawings in them too.

