

Women's well-being: carrying the mental load



In our society, women are often expected to manage the family, caregiving and home responsibilities, even if they're also working outside the home. The expectation to balance all these demands can lead to overwhelming pressure and stress.

The mental load

Women tend to carry more of the “mental load.” The mental load includes all the invisible work and worry that comes with managing a home and family. It involves planning, organizing, scheduling and overseeing the household's daily needs. It's anticipating the needs of the home, each individual and the family as a whole. Women may not be completing all the tasks, but they're often in charge of them. This can mean women have endless to-do lists and carry more stress. This mental load can take a toll on overall well-being.

If you're struggling with the mental load, here are some things to consider:

- Talk to members of the household about your role as the “manager” and how it is impacting you
- Be open and honest about your needs
- Provide specific examples of the visible and invisible tasks you manage
- Identify ways to reassign and share tasks and responsibilities more equally
- Once you delegate, let go of control and let them manage in their own way
- Access additional support services, as needed

Sharing the mental load can help reduce your stress, increase accountability and improve your relationships.

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