

How to better balance the mental load in a relationship

*"Telepathy within a couple does not exist. The fact is, even the most caring spouse does not know what is going on in your head (and sometimes even in their own). Despite years of living together, telepathy between you does not exist. If you don't say what you want or don't want, if you don't express what you feel, don't expect things to spontaneously go your way. "* - Dr. Aurélia Schneider - The mental load of women ... and that of men

Do you have the feeling of running around all the time, of having to think, organize and anticipate so much your head is going to explode?

Do you have the painful feeling of carrying the organizational weight of the family, the house, outings, vacations, by yourself?

Are you frustrated with having to perform repetitive, thankless, often invisible tasks for which you receive little or no recognition and which are nevertheless essential for the proper functioning of your home and your family life?

Do you recognize yourself or maybe you recognize your partner's complaints and frustrations?

It probably won't come as a surprise to you to discover that the division of household chores is the main subject of arguments in couples. But here we are talking about much more than a more equal distribution of household tasks, we are talking about a more balanced distribution of the mental burden associated with it.

But what is mental load and how do you share it better in your relationship?

Discover it here in your video :

As you can see, mental load rhymes with stress, anxiety, and frustration. Too often women are the main victims. But your relationship also suffers as a whole. Indeed, this mental load generates a lot of tension, arguments and resentment that affect the quality of your relationship.

A more equal share not only of the tasks to be performed but also of the mental load associated with them is the pledge of a more harmonious and fulfilling couple relationship. Yet, it is not always easy to approach this subject and put a new dynamic in place.

If this is your case, we will talk about it in a next session and we will see, concretely, how to help you.

To go further, we invite you to discover the book in French by Dr Aurélia Schneider, *La charge mentale des femmes… et celle des hommes*, by Editions Larousse.

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