A Couples Interactive Workshop #4

Heartwell Therapy LLC

Mental Load: Balancing

The Invisible Work of Relationships

Every relationship has its own way of dividing responsibilities, but different expectations about who does what can lead to frustration and resentment. Maybe you feel like you're carrying more than your fair share, or maybe you want to contribute more but aren't sure where to start. The mental load includes the invisible planning, anticipating, organizing, and emotional labor that keeps everyday life running. This makes it difficult to recognize or communicate when partners experience it differently.

In this workshop, couples will explore how the mental load is shared and learn practical ways to communicate expectations, take ownership of responsibilities, and create a more equitable balance. Whether you want to feel less overwhelmed, contribute more meaningfully, or reduce recurring conflict, you'll gain tools to better understand each other's experiences and work together as a team. The goal is a relationship that feels more collaborative, supportive, and fair for both partners.

A Psycho-Educational Series for Couples in PA

Workshop #4 Content

- What is a mental load?
- Equal versus Equitable
- The Invisible Labor
- Finding a Balance that Works

Cost: $100 per couple per two-part workshop topic.
Options: Sign up for one or all four two-part workshops.
Register: www.heartwellpa.com/therapy-services/workshops
Questions: Cecilia Wishneski, LPC - info@heartwellpa.com