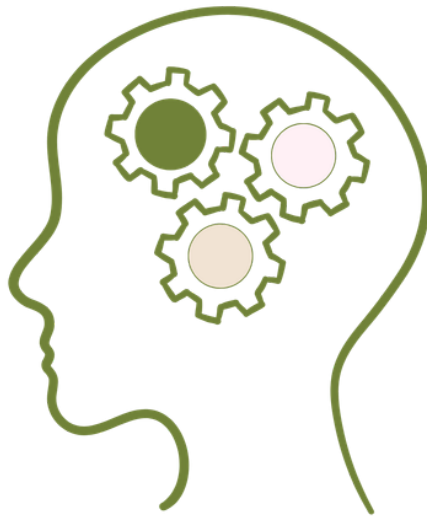




The Brain Dump

A SIMPLE WAY FOR CARERS TO CLEAR THEIR HEAD

THE INVISIBLE MENTAL LOAD CARERS CARRY

Carers often carry dozens of thoughts at once. The list feels endless. Things to remember, things to worry about, jobs to do, calls to make, and the constant fear of forgetting something important. When everything lives in your head, it's exhausting.

For many carers, this mental overload shows up most at night, when everything finally goes quiet and the mind won't switch off.

THE BRAIN DUMP

This Brain Dump is a simple way to get things out of your head and onto paper.

When thoughts stay in your mind, they tend to loop and pile up. Writing them down gives your brain permission to let go, even for a short while.

You don't need to turn this into a plan right now or do anything with what you write. The benefit comes from getting it out. That alone can help you feel clearer, calmer, and a little lighter.

If you want to come back to this later, you can simply start with whatever feels most urgent. If not, that's okay too.



THE TURNING TIDES PROJECT

** Turning Tides * Changing Lives **

THE BRAIN DUMP

What's Taking Up Space in My Head Right Now

Use these prompts to jog your memory. Write as little or as much as you want. Single words are enough. You don't need to fill everything in.

URGENT

Things that need attention soon or are causing stress if left undone.

Urgent tasks I keep thinking about

1	
2	
3	
4	
5	

Urgent phone calls I need to make

1	
2	
3	
4	
5	

IMPORTANT

Things that matter but don't need to happen right this minute.

General phone calls I need to remember

1	
2	
3	
4	
5	

Messages or emails I need to send

1	
2	
3	
4	
5	

Appointments coming up

1	
2	
3	
4	
5	

Things I need to follow up

1	
2	
3	
4	
5	

THE BRAIN DUMP ... continued

CAN WAIT

Things that don't need my attention right now.

Jobs I need to do for myself

1		☐
2		☐
3		☐
4		☐
5		☐

Things I need to buy

1		☐
2		☐
3		☐
4		☐
5		☐

Jobs for other people

1		☐
2		☐
3		☐
4		☐
5		☐

Things I've said yes to

1		☐
2		☐
3		☐
4		☐
5		☐

UNFINISHED OR LOOPING

Things that keep coming back into my mind

Decisions I've been putting off

1		☐
2		☐
3		☐
4		☐
5		☐

Things that feel unfinished

1		☐
2		☐
3		☐
4		☐
5		☐

THE BRAIN DUMP ... continued

UNFINISHED OR LOOPING

Things that keep coming back into my mind

Things I'm worried I'll forget

1	
2	
3	
4	
5	

Things that are worrying me

1	
2	
3	
4	
5	

Anything else that keeps looping in my mind

[illegible]



The Turning Tides Project was created to shine a light on unpaid carers and the incredible work they do. Caring for someone you love should not leave you feeling overwhelmed, exhausted, or lost. We offer practical tools and guidance to help carers clear the mental load, protect their energy, and feel more like themselves again while continuing to care.

*This Brain Dump is just one small tool.
There's more support waiting when you're ready.*

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