



TOO MANY TABS · PRACTICAL RELIEF FOR OVERLOADED BRAINS

Too Many Tabs First Aid Kit

Five one-page tools for when you have too many tabs open.

Not another workbook. Not homework. Just quick tools to help you get something out of your head and onto a page.

Use one page. Ignore the rest until you need it.

This kit is designed for busy, overloaded parents and carers who do not need more information. They need less to hold.

- ☐ Emergency Brain Dump
- ☐ Pattern Tracker
- ☐ Weekly Capacity Reset
- ☐ Running On Reserve Card
- ☐ Permission Slip

Start with the page that matches today. One tool is enough.



TOOL 1 · USE WHEN YOUR BRAIN IS NOISY

Emergency Brain Dump

Your brain was never designed to be the storage system.

Do not organize. Do not solve. Just unload.

Things I need to remember	
Things I need to do	
Things I am worried about	
Things I am waiting for	
Things I keep replaying	
One tiny next step	

You do not need to solve everything today. Your only job is to stop carrying it all in your head.



TOOL 2 · USE WHEN YOU ARE JOINING DOTS

Pattern Tracker

Everyone else sees moments. You see patterns.

Capture now. Analyse later.

Date	What happened	What I noticed	Why it stood out	Watch?

Tip: write facts first. What happened, where, when, and what made you pause?



You are allowed to notice what others have missed. The page can hold it until you are ready to review it.



TOOL 3 · USE ONCE A WEEK OR WHENEVER LIFE FEELS LOUD

Weekly Capacity Reset

You do not need a new system. You need less load.

What added tabs this week?	
What closed tabs this week?	
Biggest capacity leak	
What restored energy?	
One thing to stop	
One thing to continue	
One thing to delegate or share	

Small reductions in load create capacity faster than big productivity plans.



TOOL 4 · USE WHEN YOU ARE RUNNING HOT

Running On Reserve Card

When everything feels urgent, reduce load before adding effort.

Signs you may be running on reserve

- ❑ Snapping at small things
- ❑ Forgetting obvious tasks
- ❑ Constant mental replaying
- ❑ Feeling behind all the time
- ❑ Unable to switch off
- ❑ Saying “I’m fine” when you are not

What to do next

- ✓ Reduce one demand
- ✓ Delay one non-essential task
- ✓ Ask for one piece of help
- ✓ Externalise one open tab
- ✓ Prioritise recovery over productivity

Minimum standard for today: safe, fed, essentials only. Everything else can be reviewed when you have capacity.



TOOL 5 · READ WHEN YOU FEEL LIKE YOU ARE FAILING

You Are Not Failing

A permission slip for the parent carrying more than anyone sees.

If you are exhausted, it does not mean you are weak.

If you are overwhelmed, it does not mean you are incapable.

If you are forgetting things, it does not mean you do not care.

If you are struggling, it does not mean you are failing.

If you cannot explain why you are tired, it may be because the work is invisible.

It may simply mean you have been carrying more than anyone realises.

The goal is not to cope harder. The goal is to carry less.

Too Many Tabs exists because you should not have to remember everything alone.