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expected to know what supplies are needed for school, what's happening in the classroom, when soccer practice starts, what the weekend looks like, which groceries are running low, when the laundry needs doing, and whether anyone has a doctor's appointment coming up. That's before we even get to their own careers, ambitions, and obligations.

I'm as guilty as anyone. When I ask my wife, "Honey, have you seen my keys?" it feels like an innocent question. In truth, it's one more straw laid across a camel already staggering under the weight, especially if that's the fortieth question she's fielded in the past hour. And when one of my kids asks me something, it's far too easy to shrug and say, "I don't know. Go ask your mother."

My wife has tried to explain this mental weight to me. Listening to the explanation alone is exhausting. I genuinely cannot imagine living with it every day.

In recent years, someone cleverly named this phenomenon the

"mother load." It refers to the invisible, relentless mental labor required to keep a family running smoothly. It's a burden society quietly places on mothers, expecting them not only to respond to everyone's needs, but to anticipate them as well. They are expected to be kind, patient, thoughtful, and endlessly accommodating. All admirable qualities, of course. But they become a trap when someone feels personally

responsible for the comfort and happiness of everyone around them. Perhaps it shouldn't surprise us that women are diagnosed with depression and anxiety at roughly twice the rate of men. Given the mental and emotional demands placed upon them, the real surprise may be that the number isn't higher.

There's an anonymous quote that captures this all with painful precision:

"Motherhood is the exquisite inconvenience of being another person's everything." I wish I had real answers. I try to carry more of this mental burden at home, though I fail at it more than Chevy Chase failed in his monologues. And even when I do manage to take something off my wife's plate, she often struggles to relinquish it, not because she wants to carry it, but because after years of practice, it

has simply become second nature and is now hardwired into her personality. Maybe the least we can do is acknowledge that the "mother load" exists, and that it is a tremendous weight for any person to bear. Perhaps we can do a little more to help shoulder it. But even when we fall short, recognizing the burden might offer at least a small measure of comfort to the women who have been quietly carrying it all along.

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