

The emotional to-do list: Why women are always mentally multitasking

Aditi Malhotra

It's often invisible, rarely acknowledged, and rarely written down. Yet it runs like a quiet, endless loop in the minds of countless women. The emotional to-do list is not just about remembering birthdays, stocking the pantry, or booking doctor appointments. It's about anticipating needs before they are spoken, managing the emotions of those around them, and keeping life running smoothly, often without being asked or thanked.

While physical chores like cooking or cleaning can be divided and delegated, the mental and emotional load that women carry is far more complex and deeply ingrained. It goes beyond to-do lists on paper, slipping into the realm of feelings, relationships, and unspoken responsibilities.



WHY WOMEN CARRY THIS LOAD MORE OFTEN

The roots of emotional multitasking run deep. For generations, women have been conditioned—consciously or unconsciously—to be caregivers, peacemakers, and organisers. These roles were once tied to survival, family dynamics, and social expectations. Today, even when women are breaking barriers in careers and education, many still carry the default responsibility for the household's emotional climate. This often shows up in subtle ways.

A woman might pause her work call to resolve an argument between children. She may spend hours researching the best school options while her partner joins the final conversation. She might be the one keeping mental tabs on her parents' medication refills while also managing her team's project timelines. It's not always about being in charge, it's about being expected to remember and manage what no one else does.

MAKING THE INVISIBLE VISIBLE

The emotional to-do list will likely never disappear entirely. Caring and nurturing are not flaws, they are strengths. But for these strengths to be sustainable, they must be supported, not taken for granted.

By bringing this invisible labour into the spotlight, we can begin to create homes and workplaces where emotional multitasking is shared, respected, and understood. And in doing so, we free up space for women not just to care for others, but to truly care for themselves.

HOW TO LIGHTEN THE INVISIBLE LOAD

The first step is to name it. Mental and emotional labour must be recognised as real work. When women acknowledge this load, they can start setting boundaries and sharing responsibilities more fairly. It's not about creating conflict, it's about creating awareness.

Communicating openly with partners, family members, and even co-workers about the unseen tasks that are being managed can help redistribute the load. It's not just about who does what, but also about who thinks about what needs to be done.

Technology can help, too. Shared calendars, reminders, and checklists can transfer some of that invisible labour out of the mind and onto shared systems. More importantly, encouraging everyone in a household or team to take equal mental ownership creates a culture of responsibility rather than defaulting everything to one person. Lastly, carving out guilt-free mental space is essential. Whether it's time to journal, go for a walk, read a book, or simply sit in silence, women need moments where they are not "on call" for everyone else's needs.



MORE THAN JUST 'THINKING AHEAD'

Most women don't even realise how much they are juggling until they find themselves emotionally exhausted without having done anything physically demanding. That's because so much of their effort goes into planning and pre-empting. Remembering that the kids' uniforms need washing for Monday, noting that a colleague looked a bit off during the meeting and should be checked on later, keeping track of who likes what during family dinners, or constantly recalibrating plans to suit everyone else's comfort.

This kind of mental multitasking is rarely acknowledged. It's not part of performance reviews or daily task trackers. But it's as real as any job, it requires time, energy, and emotional bandwidth. And it's exhausting.

THE COST OF CONSTANT MENTAL MULTITASKING



Carrying this emotional load takes a toll. It leads to burnout, irritability, and sometimes resentment. It's not that women don't want to care for others—they just often feel like they don't have room to care for themselves. Constantly scanning for others' needs means there's little space left to tune inwards.

It also affects sleep, focus, and emotional regulation. When the mind is always occupied, truly relaxing becomes difficult. And when this state of mental overload becomes normalised, women may not even recognise that they're overwhelmed until it leads to a physical or emotional breakdown.

The worst part is that this kind of effort is hard to explain. You can't quantify the act of remembering to ask your friend how her surgery went, or sensing that your partner needs quiet after a tough day, or hiding your own stress to keep the peace at home. But all of these actions require energy, empathy, and mental processing. Over time, it adds up.



Book reading

The Dogears Bookshop will conduct a book reading session for kids that they will never forget as they listen to the story of 'Max the Brave.' Max is a fearless, brave kitten who chases mice. But what does a mouse look like? The reading session will be followed with a wonderful activity session.

Venue: The Dogears Bookshop, Margao
Date: June 27
Time: 4.30 pm



Beginner embroidery workshop with Aira Mirchandani

An immersive embroidery workshop by Aira Mirchandani will be held for participants aged 12 and above, where craft, culture, and creativity come together in a meaningful celebration of heritage. Drawing inspiration from the beautiful motifs, patterns, and symbols found in MoCA's unique collection, participants will create their own personalised embroidered piece. By the end of the workshop, you'll leave not just with a handcrafted artwork, but with a deeper appreciation for embroidery as a living art form that connects us to history.

Venue: Museum of Christian Art, Old Goa
Date: June 29
Time: 10 am

Hope is the pivot of all types of journeys: Cardinal Ferrao

His Eminence Filipe Neri Cardinal Ferrao, the Archbishop of Goa and Daman and the patron of the Pilar Theological Institute, recently inaugurated the new Academic and Formation year 2025-26 with the celebration of the Eucharistic celebration in the chapel of the All India Mission Seminary. In his homily, the prelate elaborated on the annual theme of the new seminary year, 'Journeying with hope: Encounter, Fellowship and Proclamation.' He said that in life we undertake various types of journeys and in all these journeys it is hope that keeps us going.

After the Eucharistic celebration, everyone gathered at Br Albert's Hall for the inaugural programme. Fr Norman Almeida, rector of the Mission Seminary, welcomed the gathering. The handbook for the year 2025-26 was released by His Eminence while the annual journal 'Euntes

Docete' was released by Fr Nazareth Fernandes, the Superior General of the Society of Pilar. This was followed by the unveiling of the logo and the theme of the new seminary year.

An important aspect of the New Academic year is the 'Lectio Brevis' – the inaugural lecture. Fr John Bennet, who has completed his Licentiate in Liturgy from Sant Anselmo University, Rome, presented on the topic, 'Christian Initiation in the Contemporary Scenario.' This session was aptly moderated by Dr Ivon Almeida, a professor at the Pilar Theological Institute. Fr Bennet said that Pastoral movements such as the Kristu Bhaktam Movement, Ashram spirituality, and



Anubhava theology offer culturally creative ways of nurturing Christian discipleship and spiritual growth.

As part of the programme, the seminarians sang two chorals ('Homeward bound' and 'Naye bol') and played two instrumental pieces ('Minuet in G' and 'Sadbhav') under the baton of Fr Elvis Fernandes. Seminarian Aston Carvalho compered the programme while seminarian Biswajit proposed the vote of thanks. The programme concluded with the Pilar Anthem.

Home-makers must be valued and respected: Shamika Ravi

Shamika Ravi, economist and member of the economic advisory council to the Prime Minister of India said that Indian society must value and respect the immense contribution of Indian home-makers in nation building. Shamika, who delivered a lecture on the topic, "Work, women and Viksit Bharat @2047" at the International Centre Goa quoted several research documents and said, "We need not blindly ape the advanced countries. We must start quantifying the invaluable contribution of home-makers in Indian society. They are bringing up our children and holding the family together."

Expressing concern at the drop in number of women in the workforce in urban India from 29 per cent to just 16 per cent in recent years, Shamika attributed it to the lack of robust child care and



elder care facilities. "This forces many highly educated women to stay at home, where nuclear families are a norm."

She also expressed concern at the fast deteriorating levels of mental health among working women. "Urban working women are getting only about 30 minutes of leisure time every day, resulting in adverse mental health issues. A mental health pandemic is waiting to happen," she said.

Shamika also expressed concern over the drop in fertility rates in double income, urban families. "This is greatly shrinking our work force and increasing the number of dependant people such as senior citizens in India," Shamika said.

Keeping her focus on women, Shamika also pointed out how 25 per cent of all death by suicide in India was among women. "This number is larger than the more publicised farmer suicides," she said.

Herald Gaming Console

Dilbert

YOU HAVE TWO CHOICES IN LIFE. YOU CAN BE BORED OR YOU CAN BE ANXIOUS.

I'M NEVER BORED BECAUSE I CAN JUST LOOK AT STUFF ON MY PHONE.

DOES IT MAKE YOU FEEL ANXIOUS?

HOW DID YOU KNOW THAT???

Garfield

WHERE DID YOU GET THE ICE CREAM?

I DIDN'T HEAR THE ICE CREAM TRUCK.

I HAVE HIM ON RETAINER.

Wizard of id

OKAY, MEN. THIS IS A SIEGE LADDER. YOU RUN LIKE HECK AND CLIMB THIS SLICKER AS FAST AS POSSIBLE.

WHAT ABOUT WHEN YOU REACH THE VULNERABLE POSITION AT THE TOP?

LUCKY FOR ME, MY FEAR OF HEIGHTS NEVER GOT ME PAST THE THIRD RUNG.

crossword 4880

ACROSS
1- Syrian president; 6- Old oath; 10- Oceans; 14- A Judd; 15- Utah lily; 16- Let ___; 17- Oklahoma city; 18- All-male; 19- Boy or man; 20- Ike's WWII command; 21- Leaping insect; 24- Demolish; 26- Edmonton team; 27- Granola bit; 28- Genuinely; 30- Sudden convulsion; 33- Squeeze; 34- ___ kwon do; 37- Plenty; 38- Eat away at; 39- Sleeps briefly; 40- Nocturnal bird; 41- Sanctimonious; 42- Speed contests; 43- Dadaist Max; 44- Anthem contraction; 45- Departs; 48- Thank you, in Mexico; 52- Extraordinary; 55- Snapshot; 56- Envelope abbr.; 57- Opposite of ecto-; 58- Ornamental coronet; 60- "Damn!"; 61- Thing; 62- Possessed; 63- Talk back to; 64- It runs in the cold; 65- Highways, e.g.;

DOWN
1- Chipped in; 2- Pan-fry; 3- Goes it alone; 4- Morning hrs.; 5- Schematic; 6- Blue book filler; 7- Obtains; 8- Turkish titles; 9- Shelter for a canine; 10- Just; 11- Military camp; 12- More competent; 13- Prophets; 22- Deteriorate; 23- Painter's medium; 25- Chuck; 28- Freshwater fish; 29- Cincinnati club; 30- ___-mo; 31- Captive soldier; 32- City in GA; 33- Career golfers; 34- Tic-___-toe; 35- Imitate; 36- Hook shape; 38- German physicist; 39- Bust maker; 41- Get ready for surgery; 42- Home broker; 43- Happenings; 44- Are you a man ___ mouse?; 45- Guides; 46- More; 47- Take the role of; 48- Garden figure; 49- Bucky Beaver's toothpaste; 50- Ventilated; 51- Lots; 53- A big fan of; 54- Keats works; 59- ___ Jima;

solution 4879

TATE ARUN AAS
ALIA DOSES ASPS
TENT DEERE THEN
SCAMPI ROOSTERS
BETA ETTYSURE
ADA AIRY TAMESA
RUR SORES SPATS
OTIC NEATO TROI
ATARI DRONE LAI
RESULT NILE STR
NEET COLT
ICE CREAM OSIRIS
NOSH THANK MASH
SLAY HORAE ERLE
TAU EVER REED

sudoku 4880

		4		5		9		
1				2	4		6	
	6		7				5	
4			2					5
3								8
7					6			2
	4				7		2	
	3		1	4				6
		8		6		3		

Instructions for Sudoku

9 x 9 letter. To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4879

9	1	6	2	5	7	4	3	8
7	8	3	4	9	6	2	5	1
5	2	4	3	1	8	9	7	6
6	7	2	9	4	3	1	8	5
3	4	1	8	6	5	7	2	9
8	5	9	1	7	2	3	6	4
2	9	5	6	3	4	8	1	7
4	6	8	7	2	1	5	9	3
1	3	7	5	8	9	6	4	2