

## Worksheet: The Mental Load Reset Check

This tool is designed to reduce cognitive carryover between tasks.

### Step 1: Quick Mental Load Check (Circle One)

Low/Moderate/High

### Step 2: What Are You Carrying Right Now? (Check all that apply)

- Time pressure
- Staff/client issues
- Horse health concerns
- Physical fatigue
- Emotional stress
- Distraction-/mental clutter
- Family drama
- Personal life issues

### Step 3: Body Awareness Scan (Where are you holding tension?)

- Shoulders
- Hands
- Chest
- Back
- Legs
- Gut

### Step 4: 10-Second Reset

One slow breath inhale

Soften one area of tension in your body

Bring attention to the present moment

Make your exhale two seconds longer than the inhale

### Step 5: Set an Intention

Complete this sentence:

“For this ride/interaction, I will focus on: \_\_\_\_\_.”

(Examples: timing, softness, patience, clarity)

### Step 6: After You Finish

Did your state impact your horse?

- Yes
- No
- Not sure

**Step 7: Pattern Awareness**

What patterns do you notice across your day or rides?

Did your reset improve your timing, feel, or your horse's response? Remember, the goal is not to eliminate stress but, rather, prevent you from carrying it into the next interaction with your horse.