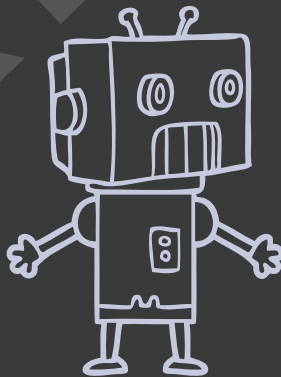


# COGNITIVE LOAD

A TINY GUIDE



CREATING  
A CULTURE  
OF DIGNITY

# COGNITIVE LOAD



is the amount of information your working memory can hold at one time.



# Make a list when you're feeling anxious, overwhelmed, or distracted.



Taking a moment to **list all of the things you are currently processing** helps you get in the habit of thinking about your thinking.

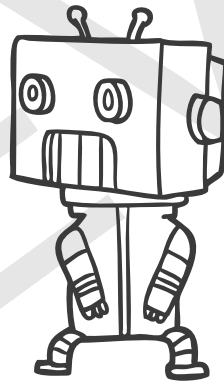
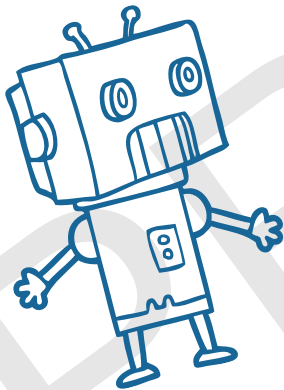
Rank them from heaviest to lightest.

This helps you depersonalize your situation and regain control.

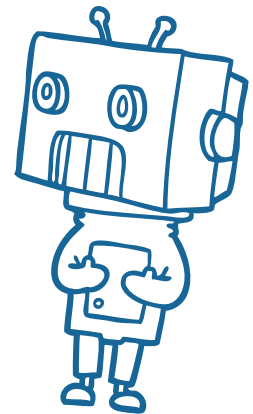


# UNDERSTANDING COGNITIVE LOAD...

Helps you remember  
that you have a lot  
going on and you're  
trying to figure it out



Helps you re-  
frame challenging  
moments.



Reminds you that  
you're not a failure, or  
dumb, or weak.

