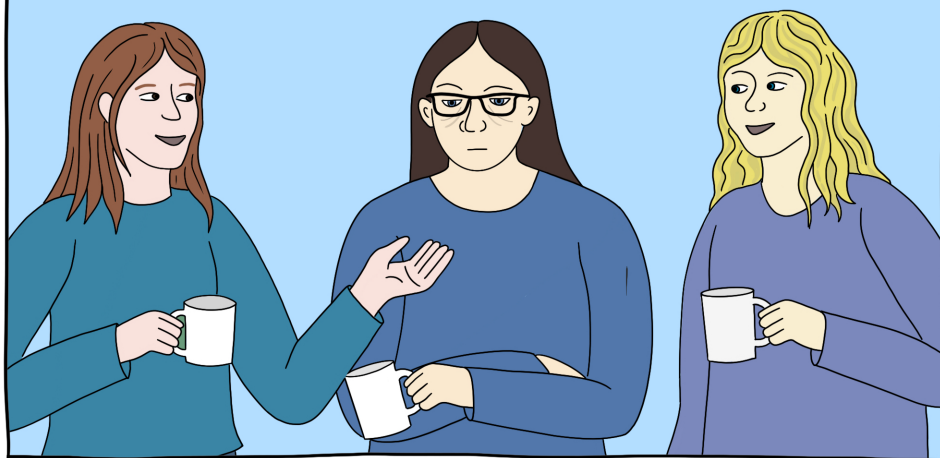


BUCKETS FOR BRAINS (A COMIC ABOUT BURNOUT & COGNITIVE LOAD)

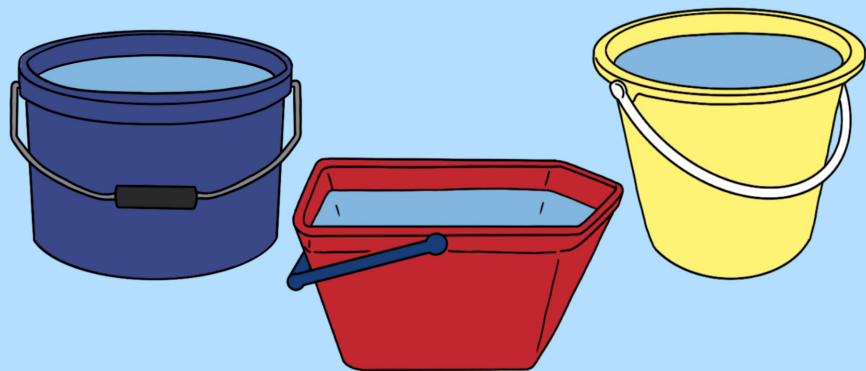
SOMETIMES I GO THROUGH THESE PERIODS WHERE MY BRAIN JUST SEEMS TO MALFUNCTION



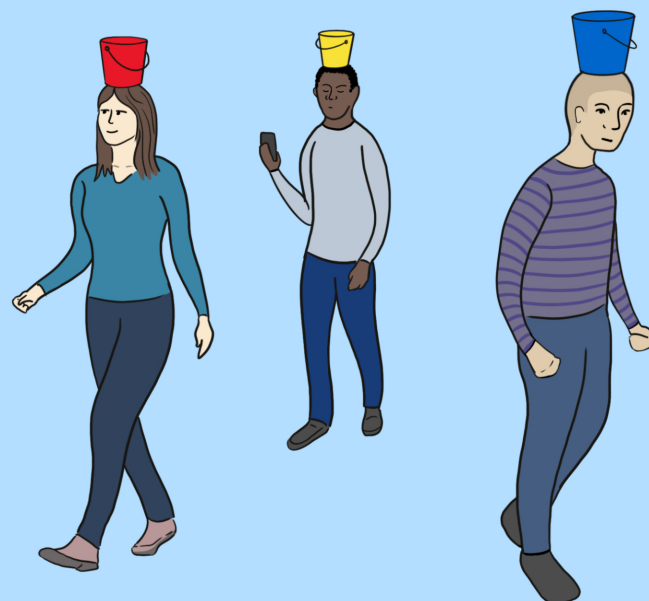
IT BECOMES HARD TO THINK OR FOCUS. EVERYTHING FEELS HARD, AND I JUST WANT TO SLEEP.



IT FEELS STUPID. IT'S DIFFICULT TO EXPLAIN WHY IT TAKES SO LITTLE TO BREAK MY BRAIN. BUT OVER THE YEARS I'VE COME UP WITH WHAT I CALL THE "BUCKET THEORY".

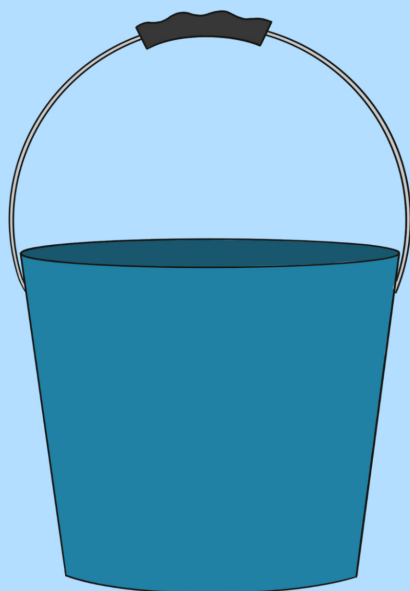


IMAGINE EVERYONE HAS AN INVISIBLE BUCKET ON THEIR HEADS

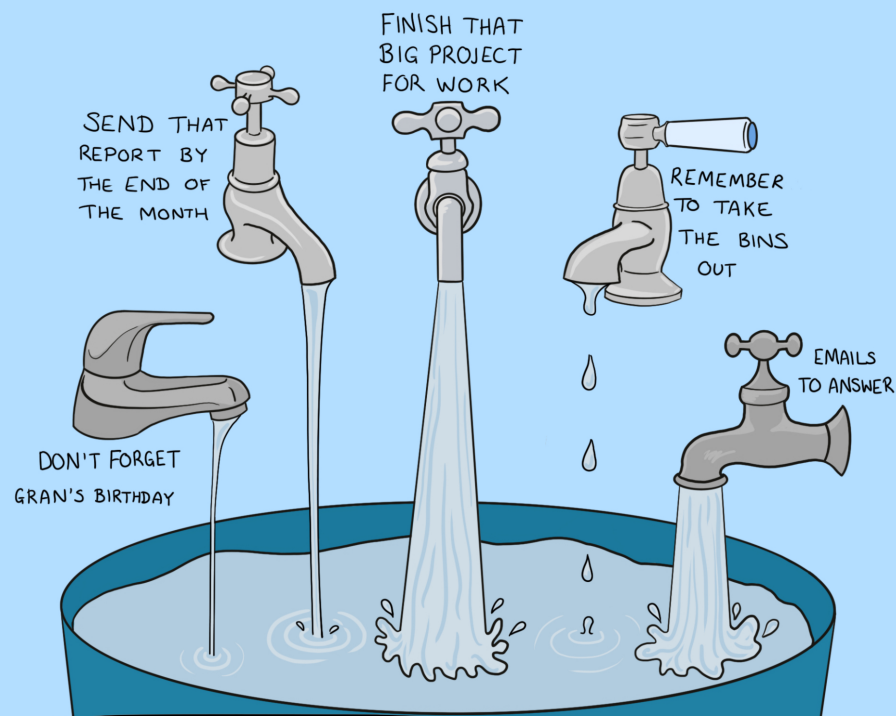


(BEAR WITH ME ON THIS).

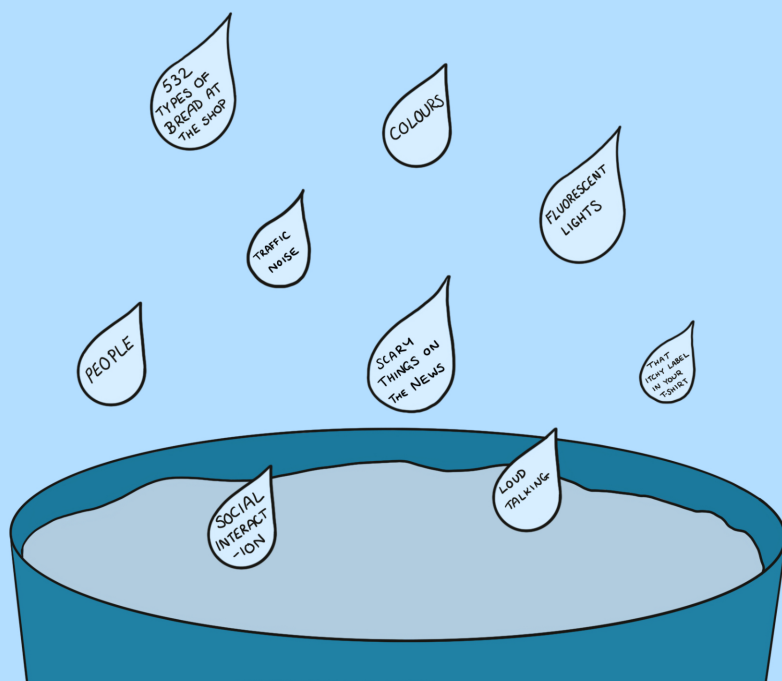
THE BUCKET REPRESENTS YOUR CAPACITY FOR COGNITIVE LOAD - BASICALLY HOW MUCH STUFF YOU CAN FIT INTO YOUR HEAD AT THE ONE TIME.



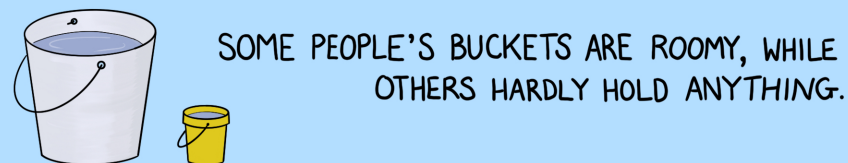
YOUR BUCKET FILLS UP WITH ALL THE TASKS YOU NEED TO DO, OR THINGS YOU NEED TO REMEMBER.



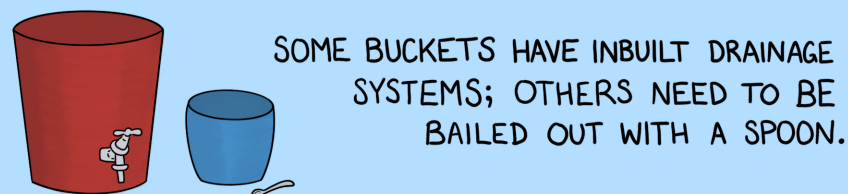
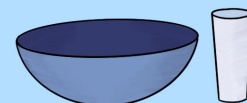
BUT THERE'S ALL THE BACKGROUND SENSORY INPUT. IT SEEMS LIKE NOTHING AT FIRST, BUT IT ADDS UP.



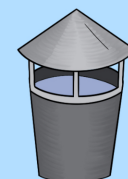
NOT ALL BUCKETS ARE EQUAL THOUGH.



SOME ARE NARROW AND HARD TO FILL, OTHERS ARE OPEN TO CATCH EVERYTHING.



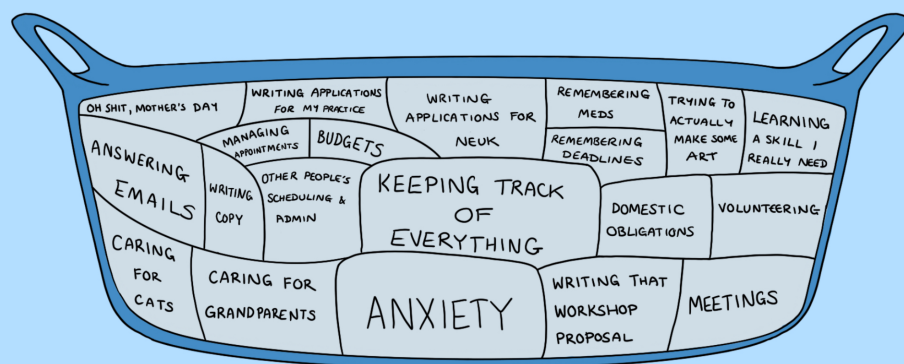
SOME BUCKETS HAVE FANCY COVERS THAT KEEP OUT THE RAIN.



IF YOUR BUCKET FILLS UP TOO MUCH AND OVERFLOWS, IT GETS ALL UP IN YOUR CIRCUITRY. YOUR BRAIN SHORT-CIRCUITS LIKE A PHONE DROPPED IN A PUDDLE.



IT DOESN'T TAKE MUCH TO OVERLOAD MY BRAIN. MY BUCKET IS SO SMALL THAT IT'S BASICALLY ALWAYS FULL.



I HAVE NO WAY OF FILTERING OUT THE WORLD. MY BRAIN FILLS UP WITH ALL THE BACKGROUND "STUFF"- NOISE, LIGHT, SMELLS, TASTES AND TEXTURES.



SOMETIMES IT DOESN'T EVEN NEED TO BE SOMETHING OUTSIDE OF ME. MY ANXIETY GROWS OF ITS OWN ACCORD AND THERE'S LESS ROOM FOR OTHER STUFF.



(SOMEHOW, MAKING ART IS ALWAYS THE FIRST THING TO BE PUSHED OUT).

WHATEVER THE CAUSE, THERE COMES A POINT WHERE I REACH OVERLOAD AND THE CIRCUITRY OF MY BRAIN SHORTS OUT.



I START LOSING TRACK OF TIME, FORGETTING THINGS, MAKING STUPID MISTAKES.

NOTHING GETS DONE AND I CAN'T SNAP MYSELF OUT OF IT.



IT'S LIKE THINKING THROUGH STATIC.

FOR ME, PROLONGED REST IS THE NEUROLOGICAL EQUIVALENT OF PUTTING YOUR WET PHONE IN RICE.

YOU JUST HAVE TO HOPE IT WILL START WORKING AGAIN ONCE IT'S FINALLY DRIED OUT.



IT'S NEVER QUITE THE SAME AFTERWARDS, THOUGH, AND I WORRY THAT THE DAY IS COMING WHEN NO AMOUNT OF DRYING OUT WILL BE ABLE TO FIX ME

