

WHELMISH

CalmFlow

Caregiver OS

For family care & care-work jobs.

BY WHELMISH

AI Prompt Pack

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AI Prompt Pack

AI Care Load

Bounded cognitive relief systems for caregivers.

I can hold others' safety without disappearing inside the role.

Nervous-system-safe AI support for care load, handoffs, guilt, appointments, admin, documentation, vicarious load, and after-care decompression.

Not therapy. Not medical advice. Not a productivity planner. Not a "fill your cup" lecture.

Ten bounded systems. Copy, paste, reduce, stop.

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Care should not require your disappearance

If you are opening this while depleted, guilty, emotionally full, scared you'll forget something, or still responsible even though your own tank is empty — this was made for that exact state.

You do not need to prove you care by carrying everything alone. You do not need to earn rest. You do not need to explain why caregiving feels heavy.

This is a **care-load decompression toolkit** for AI.

Short contained cycles: **name** → **sort** → **hand off** → **soften** → **stop**

You can use one system only · stop mid-prompt · skip anything that feels like too much · use family or paid-care language · return later without catching up · rest when the care load is safe enough.

There is no wrong door.

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How to use AI safely with this pack

Before you paste

1. Pick one system that matches what feels heaviest.
2. Copy the full prompt block, including the rules.
3. Paste into ChatGPT, Claude, or a similar AI tool.
4. Remove private details before pasting.

Important privacy rule

Do not paste: full names · addresses · diagnoses · medication details that identify someone · client/patient/resident/student protected information · workplace-confidential details.

Use general labels: "my child" · "my parent" · "the person I care for" · "client" · "resident" · "patient" · "student" · "care recipient" · "my shift"

During

Answer messy. Fragments count. You do not have to make it complete.

If AI starts giving medical, legal, clinical, workplace, or emergency advice, stop and re-paste the rules.

After

You do not need another round. Partial counts. A handoff counts. Rest counts. Closing the chat counts.

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What this is not

Not therapy, diagnosis, treatment, medical advice, legal advice, workplace advice, or crisis support.

Not a replacement for professional care plans, medical instructions, clinical supervision, workplace policy, mandated reporting, or emergency services.

Not a medical chart. Not a productivity system. Not a caregiver guilt system. Not a self-care checklist that blames you for being depleted.

If there is immediate danger, medical risk, abuse, neglect, workplace safety concern, or crisis risk, contact the appropriate emergency, medical, workplace, legal, or professional support pathway.

This pack cannot see the situation, verify risk, or intervene.

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Bounded caregiver cognition

Caregivers often carry too many invisible threads: what happened, what might happen, what needs remembering, who needs to know, what must happen soon, what can wait, what needs a handoff, what feels like guilt, what is actually responsibility.

Most AI tools optimize for **more** — more advice, steps, plans, analysis, responsibility.

Caregiver OS optimizes for less solo carrying.

Each system is one cycle: **input** → **sort** → **reduce** → **one care-safe next step** → **exit**

You should leave with the care load more held — not with more responsibility placed on you.

Use AI to reduce the care load. Do not use AI to replace professional judgment.

One prompt. One cycle. Then close the chat.

System Directory — Start Here

Suggested paths

Order is pacing, not rules. **Stopping is valid.**

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SYSTEM 01

Care Load Splitter

When care is living in your head — appointments, routines, behavior, safety, messages, documentation, emotional labor, guilt, shift stress, or fear something will fall through.

This system gets the care load out of your nervous system and into containers.

When to reach for it: depleted but responsible · too much invisible care · scared something will fall through

Stop when: The care load feels slightly more held.

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CARE LOAD SPLITTER — COPY/PASTE

Copy/paste prompt — Care Load Splitter

I am carrying caregiver load and I am low capacity.

Do not give me a full plan.

Do not give medical advice.

Do not give legal advice.

Do not give clinical advice.

Do not give workplace advice.

Do not give crisis advice.

Do not add new responsibilities.

Do not ask me to explain everything perfectly.

Use only general, non-identifying details from what I paste.

Your job is only:

1. Acknowledge briefly in 2 sentences max: care is real labor, and invisible care load counts.

1. Sort what I paste into these buckets:

- Must happen soon

- Can wait

- Needs handoff

- Needs documentation

- Emotional load only

- Not mine alone

- Unknown / unclear

1. Leave empty buckets blank.

1. If there are too many items, group similar ones.

1. Give me exactly one care-safe next step: small, concrete, low-risk, and not a full care plan.

1. End with permission to stop.

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SYSTEM 02

Care Memory Vault

When you are scared you will forget — a call, appointment, routine, message, supply, school note, follow-up, or shift detail.

Creates a temporary memory container — not a giant planner.

Stop when: The memory load feels held.

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CARE MEMORY VAULT — COPY/PASTE

Copy/paste prompt — Care Memory Vault

I am scared I will forget something related to caregiving or care work.

Do not create a full planner.

Do not give medical, legal, clinical, workplace, or crisis advice.

Do not tell me to track everything forever.

Do not add new things to remember.

Your job is only:

1. Acknowledge briefly: memory load is part of care labor.

1. Sort what I paste into:

- Remember soon

- Can wait

- Needs handoff

- Needs official documentation

- Emotional worry, not a task

- Unknown / unclear

1. Tell me exactly one thing that would be safest to capture, hand off, or revisit.

1. End with permission to stop.

Rules: Short bullets. No care plan. No medical instructions. No workplace instructions. No shame. No "don't forget" language.

Details I'm trying to remember:

[PASTE GENERAL, NON-IDENTIFYING DETAILS]

Stop when: The memory load feels held somewhere outside my head.

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SYSTEM 03

Must / Can Wait / Handoff Sorter

When everything feels urgent — reduce the operating surface without pretending the load is fake.

Stop when: The care load has fewer active trays.

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MUST / CAN WAIT / HANDOFF SORTER — COPY/PASTE

Copy/paste prompt — Must / Can Wait / Handoff Sorter

I need help sorting caregiver load.

Do not create a full plan.

Do not give medical, legal, clinical, workplace, or crisis advice.

Do not add new obligations.

Do not shame me.

Your job is only:

1. Sort what I paste into three trays:

— Must happen soon

— Can wait

— Needs handoff

1. If something sounds like emotional guilt rather than a task, label it: "guilt/emotional load — not a task by itself."

1. If something may require professional, workplace, medical, legal, or emergency support, say: "Use the appropriate professional/support pathway." Do not tell me what to do medically, legally, clinically, or officially.

1. Give exactly one care-safe next step.

1. End with permission to stop.

Rules: Short bullets. No long explanation. No new responsibilities. No fake urgency. No guilt language.

Care load:

[PASTE GENERAL DETAILS]

Stop when: The care load has fewer active trays.

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SYSTEM 04

Handoff Builder

A handoff is not abandonment — care becoming shared.

Helps another person understand what matters without a full care plan.

Stop when: You have one usable handoff.

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HANDOFF BUILDER — COPY/PASTE

Copy/paste prompt — Handoff Builder

I need to create a simple caregiver handoff.

Do not create a full care plan.

Do not give medical advice.

Do not give legal advice.

Do not give clinical advice.

Do not give workplace advice.

Do not include private identifying details.

Do not add new responsibilities.

Use general language only.

Create a short handoff with:

1. What needs to happen
2. What is already handled
3. What to watch for
4. What can wait
5. What I need the other person to take over
6. One short closing line

Tone: clear, calm, direct, not apologetic.

Context:

[PASTE GENERAL, NON-IDENTIFYING CONTEXT]

Stop when: I have one usable handoff.

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SYSTEM 05

Guilt vs. Responsibility Sorter

When guilt makes everything feel like your fault — separate guilt from actual responsibility.

Stop when: Guilt feels slightly less fused with care.

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GUILT VS. RESPONSIBILITY SORTER — COPY/PASTE

Copy/paste prompt — Guilt vs. Responsibility Sorter

I feel guilty as a caregiver and I need help separating guilt from responsibility.

Do not shame me.

Do not tell me to "just practice self-care."

Do not give me a long plan.

Do not tell me to stop caring.

Do not give medical, legal, clinical, workplace, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max: caregiver guilt can appear when care, love, responsibility, and exhaustion are tangled.

1. Sort what I paste into:

- Real responsibility
- Guilt talking
- Fear talking
- Needs support
- Needs a boundary
- Can wait
- Not mine alone

1. Give me one kind truth.

1. Offer exactly one care-safe next step only if needed.

1. End with permission to rest if the situation is safe enough.

Rules: No lectures. No "you should." No self-care slogans. No new obligations. No shame.

Context:

[PASTE]

Stop when: Guilt feels slightly less fused with care.

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SYSTEM 06

Mine / Shared / Not Mine Sorter

When you carry system problems as personal failures — separate what is yours, shared, someone else's, or guilt only.

Stop when: The load feels less personally fused.

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MINE / SHARED / NOT MINE SORTER — COPY/PASTE

Copy/paste prompt — Mine / Shared / Not Mine Sorter

I need help sorting what is mine versus shared versus not mine alone in a caregiving situation.

Do not give medical, legal, clinical, workplace, or crisis advice.

Do not tell me to abandon care.

Do not shame me.

Do not add new responsibilities.

Your job is only:

1. Sort what I paste into:

- Mine
- Shared
- Someone else's
- Professional/support pathway needed
- System problem
- Guilt only
- Unknown

1. For each bucket, give short bullets only.

1. Name one thing I do not have to carry alone.

1. End with permission to stop.

Rules: No lectures. No "just set boundaries." No new obligations. No blame.

Context:

[PASTE GENERAL CONTEXT]

Stop when: The care load feels less personally fused.

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SYSTEM 07

Support Request Builder

When asking for help feels like another job — one clear ask, not a presentation.

Stop when: You have one specific ask.

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SUPPORT REQUEST BUILDER — COPY/PASTE

Copy/paste prompt — Support Request Builder

I need to ask for caregiver support, but explaining it feels like another job.

Do not give me a long plan.

Do not shame me for needing help.

Do not make the message overly emotional.

Do not give medical, legal, clinical, workplace, or crisis advice.

Create one short support request with:

1. What I need help with
2. When I need it
3. What they do not need to solve
4. The easiest way to help
5. A clear response request

Tone: clear, warm, direct, not apologetic.

Give me two versions:

- Family / friend version
- Work / care-team version, if appropriate

Context:

[PASTE GENERAL CONTEXT]

Stop when: I have one specific ask.

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SYSTEM 08

Care Admin Map

When care admin eats your brain — forms, calls, appointments, insurance, documentation, follow-ups.

Maps admin without a giant planner.

Stop when: The admin load feels nameable.

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CARE ADMIN MAP — COPY/PASTE

Copy/paste prompt — Care Admin Map

I am overwhelmed by care admin.

Do not create a full planner.

Do not give medical, legal, clinical, workplace, or crisis advice.

Do not add new obligations.

Do not shame me.

Sort what I paste into:

- Appointments
- Forms
- Calls / messages
- Documentation
- Insurance / benefits
- School / agency / provider
- Supplies
- Transportation
- Waiting on someone else
- Can wait

Then:

1. Name what seems most time-sensitive, if anything.
2. Name what can wait.
3. Give exactly one admin-safe next step.
4. End with permission to stop.

Rules: Short bullets. No long plan. No "stay on top of it." No new tasks beyond what I named.

Care admin dump:

[PASTE GENERAL, NON-IDENTIFYING DETAILS]

Stop when: The admin load feels nameable, not solved.

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SYSTEM 09

After-Care Decompression

When care ended but your body is still on — shift over, appointment done, meltdown passed, emotional labor still running.

No tasks. No plan.

Stop when: Your body feels allowed to come down.

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AFTER-CARE DECOMPRESSION — COPY/PASTE

Copy/paste prompt — After-Care Decompression

I just finished caregiving or care work and my body still feels on.

Do not give me tasks.

Do not make a plan.

Do not ask me to process everything.

Do not give medical, legal, clinical, workplace, or crisis advice.

Do not ask for private details.

Your job is only:

1. Say one sentence: care can follow the body after it ends.

1. Help me name, in short lines:

- What I may still be carrying

- What is not mine to carry tonight

- What can wait

- What may need appropriate handoff/documentation later, if applicable

1. Give me one gentle closing line.

1. End with permission to stop.

Rules: No task list. No emotional homework. No shame. No follow-up question.

Context, if any:

[PASTE OR SKIP]

Stop when: My body feels allowed to come down.

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SYSTEM 10

Rest Without Neglect

When you need to stop but guilt says stopping means neglect — close the care loop when safe enough.

Stop when: Rest feels allowed.

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REST WITHOUT NEGLECT — COPY/PASTE

Copy/paste prompt — Rest Without Neglect

I need to rest, but I feel guilty as a caregiver.

Do not give me more tasks.

Do not tell me to earn rest.

Do not say "you can't pour from an empty cup."

Do not give medical, legal, clinical, workplace, or crisis advice.

Do not create a full plan.

Your job is only:

1. Say in 2 sentences max: rest is not neglect when the care load is safe enough for now.

1. Help me name:

— What is safe enough for now

— What is held somewhere outside my head

— What can wait

— What support pathway exists if something becomes urgent

— One thing I do not need to carry tonight

1. Give me three one-line rest permissions.

1. Close with: "Care should not require your disappearance."

Rules: No new tasks. No guilt. No productivity language. No follow-up question.

Context, if any:

[PASTE OR SKIP]

Stop when: Rest feels allowed.

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Copy/paste prompt — Caregiver OS Router

I am carrying caregiver load and I do not know which prompt system to use.

Do not solve the whole situation.

Do not ask many questions.

Do not give medical, legal, clinical, workplace, or crisis advice.

Do not create a care plan.

Route me to one system only:

O1 Care Load Splitter · O2 Care Memory Vault · O3 Must / Can Wait / Handoff Sorter · O4 Handoff Builder · O5 Guilt vs. Responsibility Sorter · O6 Mine / Shared / Not Mine Sorter · O7 Support Request Builder · O8 Care Admin Map · O9 After-Care Decompression · 10 Rest Without Neglect

Ask me to choose which sentence sounds most true:

A. Too much care load is in my head.

B. I'm scared I'll forget something.

C. Everything feels urgent.

D. I need a handoff.

E. I feel guilty.

F. I need to know what is mine.

G. I need help but don't know what to ask.

H. Admin/forms/messages are overwhelming.

I. Care ended but my body is still carrying it.

J. I need to rest without feeling neglectful.

Recommend one system only and explain why in one sentence.

My current state:

[PASTE OR DESCRIBE]

Stop when: I know which system to use.

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The care load is held

You did enough for this round.

No streaks. No failure state. No missed days. No punishment for disappearing. No demand to carry more.

Start again with any system whenever you need to.

Care is real labor. A handoff is not abandonment. Rest is not neglect. Support is not failure. **Care should not require your disappearance.**

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