

WHELMISH

CalmFlow

Illness & Disability OS

For real limits in an abled-output world.

BY WHELMISH

AI Prompt Pack

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AI Prompt Pack

AI Limits-First Support

Bounded cognitive relief systems for chronic illness, disability, flare days, medical admin, accommodations, pacing, capacity grief, and rest as access.

I can plan inside real limits without performing wellness.

Not therapy. Not medical advice. Not a cure plan. Not a productivity reset. Not a wellness performance.

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

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Your body is allowed to be the data

If you are opening this while tired, flaring, foggy, in pain, overstimulated, grieving your old capacity, behind on medical admin, or trying to plan around a body that does not operate on command — this was made for that exact state.

You do not need to prove your limits. You do not need to become inspirational. You do not need to earn rest. You do not need to turn illness or disability into a productivity story.

This is a **limits-first AI toolkit**.

Short contained cycles: **notice** → **sort** → **reduce demand** → **choose one aligned step or rest** → **stop**

You can: use one system only · stop mid-prompt · paste fragments · say "I don't know" · choose "not today" · choose rest as the outcome · return later without catching up.

There is no wrong door.

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How to use AI safely with this pack

Before you paste

1. Pick the system that matches today's body or load.
2. Copy the full prompt block, including the rules.
3. Paste into ChatGPT, Claude, or a similar AI tool.
4. Remove private medical, legal, workplace, school, or benefits details you do not want in a chat.

Important privacy rule

Do not paste: full medical records · full names · addresses · account numbers · insurance IDs · private diagnosis details · medication details you do not want stored · legal/benefits/workplace documents you need to keep private.

Use general labels: "my condition" · "my symptoms" · "my body" · "my doctor" · "my appointment" · "my workplace" · "the form" · "the admin task" · "the accommodation request"

During

Answer messy. Fragments count. You do not have to explain everything.

If AI starts diagnosing, prescribing, minimizing, or pushing productivity, say: **"No medical advice.**

Reduce demand only."

If AI gives too much, say: **"One step only. Short bullets. Stop after that."**

After

You do not need another round. You do not need a perfect plan. The goal is *not* to fix your body — the goal is to make the demand match your body.

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What this is not

Not therapy, diagnosis, treatment, medical advice, legal advice, benefits advice, workplace advice, school/legal accommodation advice, or crisis support.

Not a replacement for doctors, specialists, therapists, case managers, disability advocates, legal aid, emergency services, workplace HR, school disability offices, or benefits professionals.

Not a symptom checker. Not a medication guide. Not a cure plan. Not a wellness challenge. Not a productivity system. Not a "push through" tool.

Not a place where AI decides what is safe for your body.

If something may be urgent, dangerous, medically concerning, legally time-sensitive, or crisis-level, use the appropriate emergency, medical, legal, workplace, school, benefits, or trusted human support pathway.

This pack cannot see your body, verify risk, diagnose, treat, or intervene.

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Bounded limits-first cognition

Most systems ask: *What can you get done?*

Illness & Disability OS asks: *What does your body actually have capacity for?*

Most AI tools optimize for more — more ideas, routines, tracking, plans, self-improvement, explanations, steps.

This prompt pack optimizes for alignment:

body reality → reduced demand → one capacity-matched step or rest → stop

You should leave with **less pressure**, not another life management system your body cannot sustain.

Use AI to reduce the load. Do not use AI to override the body.

One prompt. One cycle. Then close the chat.

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System Directory — Start Here

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Suggested paths

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

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SYSTEM 01

Limits-First Planning

When you need to plan the day around chronic illness, disability, pain, fatigue, brain fog, sensory overload, mobility limits, medical admin, or unpredictable capacity.

This system does not ask what your ideal self can do. It asks what your actual body can hold today.

When to reach for it: need to plan but capacity is limited · everything feels important · need to know what can wait · feel guilty because body cannot match the plan

Stop when: The day matches your body better.

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LIMITS-FIRST PLANNING — COPY/PASTE

Copy/paste prompt — Limits-First Planning

I am planning with chronic illness, disability, or real body limits.

Do not give me a productivity plan. Do not tell me to push through. Do not tell me to be more disciplined. Do not give medical, legal, benefits, workplace, school, or crisis advice. Do not create a full routine. Do not add new responsibilities.

Your job is only:

1. Acknowledge in 2 sentences max: my body/capacity is real data, not a mindset problem.

1. Sort what I paste into:

— Must · — Maybe · — Not today · — Needs help · — Rest / protect capacity · — Unknown / unclear

1. If something may need a professional, medical, legal, workplace, school, benefits, or emergency pathway, label it: "Use the appropriate support pathway." Do not advise me what official action to take.

1. Give exactly one capacity-aligned step.

1. End with permission to stop.

Rules: Short bullets. No "you should." No productivity shame. No cure language. No giant plan. No pushing through.

Context:

[PASTE]

Stop when: The day matches my body better — not perfectly

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SYSTEM 02

Flare Day Mode

When today is a flare, crash, symptom-heavy day, sensory-heavy day, pain day, fatigue day, brain fog day, or body-limits day.

This system reduces demand instead of asking you to prove consistency.

Stop when: The flare day feels less demanding.

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FLARE DAY MODE — COPY/PASTE

Copy/paste prompt — Flare Day Mode

I am in a flare or very limited-capacity day.

Do not give me a routine. Do not give me a full plan. Do not tell me to be positive. Do not tell me to push through. Do not give medical, legal, benefits, workplace, school, or crisis advice. Do not ask me to explain my symptoms in detail.

Your job is only:

1. Acknowledge in 2 sentences max: flare days are not consistency failures; today is for reducing demand.

1. Help me sort:

— Minimum viable care · — What can wait · — What needs help · — What needs an appropriate support pathway · — One message I can send, if needed · — Rest / protect tomorrow

1. Give me one short message draft if I need to cancel, delay, or ask for help.

1. End with: "Today is for reducing demand."

Rules: Short bullets. No diagnosis. No treatment advice. No full plan. No guilt. No "keep going."

Context, if any:

[PASTE OR SKIP]

Stop when: The flare day feels less demanding.

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SYSTEM 03

Energy Budget + Pacing Protector

When you need to decide what your limited energy can safely hold — especially if you tend to overdo, crash, or use a good day like proof that limits disappeared.

Stop when: You know where to stop before you crash.

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ENERGY BUDGET + PACING PROTECTOR — COPY/PASTE

Copy/paste prompt — Energy Budget + Pacing Protector

I need help creating an energy budget with real body limits.

Do not maximize my output. Do not tell me to push through. Do not tell me to use a good day to catch up. Do not give medical, legal, benefits, workplace, school, or crisis advice. Do not create a productivity schedule.

Your job is only:

1. Acknowledge briefly: a good day is not proof that limits disappeared, and pacing protects tomorrow.

1. Sort what I paste into:

— Must · — Maybe · — Not today · — Needs help · — Would steal from tomorrow · — Can be cut in half · — Rest / recovery needed

1. Choose exactly one half-size version of one task.

1. Name one stop point.

1. End with permission to stop while I still have a little capacity left.

Rules: Short bullets. No hustle language. No "catch up while you can." No shame. No full routine. No new tasks.

Context:

[PASTE]

Stop when: I know where to stop before I crash.

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SYSTEM 04

Brain Fog Holding Table

Brain fog can make language, memory, decisions, reading, forms, messages, or task order feel impossible. This system holds what your brain cannot hold today.

Stop when: My brain is holding less.

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BRAIN FOG HOLDING TABLE — COPY/PASTE

Copy/paste prompt — Brain Fog Holding Table

I have brain fog and need help reducing cognitive load.

Do not give me a full plan. Do not give me many choices. Do not make me explain everything. Do not imply I am stupid or lazy. Do not give medical, legal, benefits, workplace, school, or crisis advice.

Your job is only:

1. Say in 2 sentences max: brain fog is a capacity state, not a character flaw.

1. Help me create a simple holding table with:

— One sentence summary · — One document/tab/item involved · — One decision, if any · — One thing to save for later · — One tiny next touch, only if appropriate · — Stop point

1. If I paste messy context, simplify it without adding new tasks.

1. End with permission to stop.

Rules: Short lines. No long explanation. No more than one tiny touch. No productivity pressure. No shame.

Context, if any:

[PASTE OR SKIP]

Stop when: My brain is holding less.

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SYSTEM 05

Medical Admin Sorter

Medical and disability admin can become a second illness: appointments, portals, messages, referrals, insurance, benefits, forms, bills, transportation, supplies, follow-ups.

This system sorts admin without giving official advice.

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

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MEDICAL ADMIN SORTER — COPY/PASTE

Copy/paste prompt — Medical Admin Sorter

I am overwhelmed by medical or disability admin.

Do not give medical advice. Do not give legal advice. Do not give benefits advice. Do not give financial advice. Do not give workplace or school advice. Do not give crisis advice. Do not tell me what official action to take. Do not create a full admin plan.

Use only general information.

Your job is only:

1. Acknowledge in 2 sentences max: medical/disability admin is real labor and can overload capacity.

1. Sort what I paste into:

— Appointments · — Forms · — Portals / messages · — Referrals / follow-ups · — Insurance / benefits · — Bills · — Medication / supplies · — Transportation · — Waiting on someone · — Can wait · — Needs support pathway · — Unknown / unclear

1. Name one tiny admin touch: open the portal, write the document name, find a phone number, make a question list, ask someone for help, or stop.

1. End with permission to stop.

Rules: Short bullets. No official advice. No invented deadlines. No shame. No full plan.

Context:

[PASTE GENERAL, NON-PRIVATE CONTEXT]

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

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SYSTEM 06

Appointment Prep

Appointments can be high-demand: remembering symptoms, explaining impact, asking questions, handling dismissal, accommodations, advocating while tired.

This system helps prepare without overloading.

Stop when: You have a simple appointment note you can edit.

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APPOINTMENT PREP — COPY/PASTE

Copy/paste prompt — Appointment Prep

I need help preparing for an appointment without overwhelming myself.

Do not give medical advice. Do not diagnose me. Do not suggest treatment. Do not tell me what medication, test, or diagnosis to ask for. Do not give legal, benefits, workplace, school, or crisis advice.

Your job is only to help me organize my own notes.

Create a simple appointment prep note with:

1. Appointment purpose · 2. Top concern · 3. One question I want to ask · 4. One example from daily life · 5. One access/accommodation need, if relevant · 6. What I may need after the appointment · 7. One sentence I can read if I get overwhelmed

Rules: Short bullets. No medical recommendations. No official advice. No long script. No shame.

Context:

[PASTE GENERAL CONTEXT]

Stop when: I have a simple appointment note I can edit.

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SYSTEM 07

Accommodation Request Builder

An accommodation is not special treatment. It is access.

This system helps draft a simple request without overexplaining private medical history.

Stop when: You have a draft you can edit.

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ACCOMMODATION REQUEST BUILDER — COPY/PASTE

Copy/paste prompt — Accommodation Request Builder

I need help drafting a simple accommodation or access request.

Do not give legal advice. Do not claim what I am entitled to. Do not diagnose me. Do not overexplain my medical history. Do not tell me what official process applies. Do not give workplace, school, benefits, medical, or crisis advice.

Your job is only to help me draft clear language I can edit.

Create a request with:

1. The barrier · 2. The task/environment affected · 3. The adjustment or support requested · 4. How it would support access, participation, or completion · 5. A calm closing line

Tone: neutral, clear, not apologetic, not oversharing, not aggressive.

Give me two versions: — simple · — slightly more formal

Context:

[PASTE GENERAL, NON-PRIVATE CONTEXT]

Stop when: I have a draft I can edit or take to the right support pathway.

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SYSTEM 08

Help + Explanation Boundary Scripts

Living with illness or disability often means explaining the same limits over and over. Sometimes the energy cost of explaining becomes its own barrier.

Stop when: You have one script you can use.

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HELP + EXPLANATION BOUNDARY SCRIPTS — COPY/PASTE

Copy/paste prompt — Help + Explanation Boundary Scripts

I need help writing a short script about my illness/disability/capacity limits.

Do not make me overexplain. Do not make me prove my limit. Do not make me disclose private medical details. Do not shame me. Do not give legal, medical, workplace, school, benefits, or crisis advice.

Create short scripts for any that fit my context:

1. Asking for help with one specific thing
2. Explaining that my capacity changed
3. Declining because something is not accessible today
4. Requesting a lower-demand option
5. Ending advice I did not ask for
6. Saying I am not discussing whether my limit is real

Tone: clear, calm, not apologetic, not harsh unless needed, low-energy.

Rules: Short scripts only. No long explanation. No medical details. No "sorry" unless I request it. No debate language.

Context:

[PASTE]

Stop when: I have one script I can use, edit, or save.

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SYSTEM 09

Capacity Grief + Identity Support

It makes sense to grieve capacity: old energy, routines, independence, body trust, privacy, work, parenting, social life, plans, identity.

This system witnesses grief without forcing hope.

Stop when: The grief feels witnessed, not solved.

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CAPACITY GRIEF + IDENTITY SUPPORT — COPY/PASTE

Copy/paste prompt — Capacity Grief + Identity Support

I am grieving changes in my body, health, disability, or capacity.

Do not fix it. Do not reframe it too quickly. Do not tell me to be grateful. Do not tell me everything happens for a reason. Do not make meaning from it unless I ask. Do not turn my illness/disability into inspiration. Do not give medical, legal, benefits, workplace, school, or crisis advice.

Your job is only:

1. Acknowledge in 3 short sentences max: capacity grief is real.

1. Help me name:

— What I miss · — What changed · — What I am angry or sad about · — What I do not want minimized · — What still feels like me, if anything · — One kind truth

1. End with permission to grieve without performing hope.

Rules: No fixing. No silver lining. No productivity. No "at least." No forced acceptance. No next steps unless I ask.

Context, if any:

[PASTE OR SKIP]

Stop when: The grief feels witnessed, not solved.

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AI Prompt Pack

SYSTEM 10

Rest as Access + Close Loop

Rest is not failure. Rest is access.

This system protects the stop so you do not use a little capacity, then accidentally spend tomorrow's capacity too.

Stop when: Rest feels allowed.

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REST AS ACCESS + CLOSE LOOP — COPY/PASTE

Copy/paste prompt — Rest as Access + Close Loop

I need to rest or close the loop with illness/disability limits.

Do not give me another task. Do not encourage me to keep going. Do not say "since you already started." Do not turn rest into something I have to earn. Do not give medical, legal, workplace, school, benefits, or crisis advice.

Your job is only:

1. Acknowledge in 2 sentences max: rest is access, and stopping can protect tomorrow's capacity.

1. Help me create a close-loop note:

— What is held here now · — What can wait · — What rest protects · — Where I can return later · —
What I do not need to explain · — One sentence for future me

1. Give me three one-line rest permissions.

1. End with: "You did enough for this round."

Rules: No next task. No momentum language. No shame. No streaks. No "get back on track." No follow-up question.

Context, if any:

[PASTE OR SKIP]

Stop when: Rest feels allowed.

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Copy/paste prompt — Illness & Disability OS Router

I am using Illness & Disability OS and I do not know which prompt system to use.

Do not solve my life. Do not ask many questions. Do not give medical, legal, workplace, school, benefits, financial, or crisis advice. Do not create a productivity plan.

Use my short description to route me to one system only:

01 Limits–First Planning · 02 Flare Day Mode · 03 Energy Budget + Pacing Protector · 04 Brain Fog Holding Table · 05 Medical Admin Sorter · 06 Appointment Prep · 07 Accommodation Request Builder · 08 Help + Explanation Boundary Scripts · 09 Capacity Grief + Identity Support · 10 Rest as Access + Close Loop

Ask me to choose which sentence sounds most true:

A. I need to plan around real limits. · B. I am in a flare or very limited–capacity day. · C. I need to budget energy or stop before I crash. · D. My brain is foggy. · E. Medical/admin tasks are overwhelming. · F. I have an appointment coming. · G. I need an accommodation or access request. · H. I need help explaining or protecting my limits. · I. I am grieving old capacity or identity changes. · J. I need to rest or close the loop.

Then recommend **one system only** and explain why in one sentence.

Rules: No plan. No more than one recommendation. No shame. No medical advice. No productivity pressure.

My current state:

[PASTE OR DESCRIBE]

Stop when: I know which system to use — or I choose Rest as Access.

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The limits are held

You did enough for this round.

This pack has no streaks. No failure state. No missed days. No punishment for disappearing. No demand to return to who you were. No pressure to perform wellness.

Start again with any system whenever you need to.

Your limits are real. Your body is allowed to be the data. Rest is access. Not today is a valid answer.

A good day still deserves pacing. You do not have to turn illness or disability into inspiration.

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