

Your body is allowed

A CAPACITY-SAFE KIT FOR CHRONIC ILLNESS, DISABILITY, FLARE DAYS, MEDICAL ADMIN, ACCOMMODATIONS, PACING, GRIEF, AND PLANNING INSIDE REAL LIMITS.

Not a cure plan. Not a wellness performance. Not a demand to return to who you were.

One quiet page at a time. Skip, stop, or return later.

CALMFLOW · ILLNESS & DISABILITY OS

For real limits in an abled-output world

Limits-first infrastructure — capacity alignment, not recovery to an old baseline.

HOW TO USE

1. Pick the route that matches your body today
2. Do not force a full plan
3. Stop when the load feels slightly more held
4. Return later without catching up
5. Rest is a valid outcome

How to use this kit

You do not need to finish it.

Pick the route that matches your body today

Do not force a full plan

Stop when the load feels slightly more held

Return later without catching up

Rest is a valid outcome

Capacity router

What kind of limit is active today? Open one route. Stop when enough.

START WHERE YOUR BODY IS

I'm in a flare

→ FLARE DAY MODE

I have very limited energy

→ ENERGY BUDGET ROUTE

Medical/admin is overwhelming

→ MEDICAL ADMIN VAULT

I need accommodations

→ ACCOMMODATION BUILDER

I'm grieving old capacity

→ CAPACITY GRIEF ROOM

I don't know what I can do today

→ BASELINE CHECK-IN

I need help asking for support

→ HELP REQUEST SCRIPTS

I keep overdoing then crashing

→ PACING / CRASH PREVENTION

People don't understand my limits

→ EXPLANATION BOUNDARY SCRIPTS

Go to your page when ready
I'm done for now

→ REST AS ACCESS

What this is not

NOT THERAPY, MEDICAL ADVICE, LEGAL ADVICE, BENEFITS ADVICE, OR CRISIS SUPPORT.

WHAT THIS IS NOT

- Not a symptom cure plan or replacement for doctors, advocates, or emergency services
- Not a productivity planner or wellness challenge
- Not a place that treats limits like mindset problems
- This kit does not decide what is safe for your body

NOT

Your limits are real.

Even if they change. Even if they are invisible. Even if yesterday was better.

A fluctuating limit is still a limit.

An invisible limit is still a limit.

This kit does not ask you to prove your body.



You are safe here

Stay here as long as you need

This is not a cure plan

The goal is capacity alignment.

This kit will not ask you to become more inspirational, disciplined, positive, or consistent.

This kit helps you build around the body and capacity you actually have.

The goal is not to perform wellness.

What you may have been told

"You don't look sick." "Just push through." "Stay positive." "Have you tried yoga?"

Maybe your body is not the problem.

Maybe the system keeps asking for output that does not match your capacity.

Maybe what you need is infrastructure.

The illness & disability state

Not only tired — living in a world designed for stable abled output.

GENTLE STEPS

Body-first reentry

- Unpredictable energy
- Pain or sensory overload
- Brain fog or medical admin burden
- Grief for old capacity
- Accommodation needs
- Guilt for resting
- Explaining limits repeatedly

Body Reality Check

What is true in my body today?

Energy · Pain · Brain fog · Sensory load · Mobility · Emotional load

Sleep · Food/hydration · Medical/admin pressure · Support · Environment



Stop when slightly more held

Today's actual baseline

The plan must match the baseline. The baseline does not need to match the plan.

GENTLE STEPS

Body-first reentry

- Bed / couch day
- Very low energy
- One tiny thing possible
- Some care tasks possible
- Light admin possible
- Good day, still needs pacing
- I don't know

Limits inventory

What limits are active?

Physical · Cognitive · Sensory · Emotional · Social · Time · Money

Transportation · Medical · Work/school · Caregiving · Environmental

Sort: stable · fluctuating · flare-related · temporary · unknown



Stop when slightly more held

Medical / admin load dump

No fixing yet. No phone calls yet.

Appointments · Portals · Messages · Referrals · Insurance · Benefits

Forms · Medication/supplies · Transportation · Waiting on someone



Stop when slightly more held

Emotional load dump

Emotional load is not automatically a task.

Grief · Anger · Fear · Shame · Loneliness · Body betrayal · Guilt · Hope · Uncertainty

Some of it only needs to be witnessed.



Stop when slightly more held

Must / Maybe / Not Today / Needs Help

Sort today by actual capacity. Rest is a valid category.

Must

Maybe

Not today

Needs help

Rest

Stop when the day matches your body better

Energy Budget Route

What would steal from tomorrow? What protects tomorrow?

GENTLE STEPS

Body-first reentry

- Almost none · Tiny · Limited · Moderate · More than usual · Unknown
- Energy already spent
- Energy needed for body care / responsibilities / medical / recovery

Flare Day Mode

Today is not for proving consistency. Today is for reducing demand.

GENTLE STEPS

Body-first reentry

- Minimum viable care
- What can wait
- What needs help
- One message I may need
- What protects tomorrow
- Stop point

Pacing / crash prevention

Stop while you still have a little left.

GENTLE STEPS

Body-first reentry

- Am I doing this because I truly have capacity?
- Am I doing this because I feel guilty?
- Will this steal from tomorrow?
- Can I cut this in half?
- What is the good-enough version?

Brain fog support

Brain fog is a capacity state, not a character flaw.

GENTLE STEPS

Body-first reentry

- One sentence
- One document / tab
- One decision
- One thing to save for later
- One tiny next touch

Sensory load map

What inputs are costing capacity?

Light · Sound · Smell · Temperature · Clothing · Crowds · Screens

Notifications · Movement · Textures · People · Unpredictability

One input I can reduce · One I cannot control · One support that may help



Stop when slightly more held

One capacity-aligned step

Not the most impressive step — the step that fits actual capacity.

Flare day → send reschedule message

Brain fog → write the form name only

Medical admin → open portal, no reply yet

Grief → name what changed

Good day → do half, save capacity

Medical Admin Vault

This is a vault, not a demand.

GENTLE STEPS

Body-first reentry

- Item · Why it matters · Due date · Who is involved
- What is needed · What is missing · What can wait
- One tiny next touch · Stop point

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AI PROMPT

Stop when you have a note you can edit

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AI PROMPT

Stop when you have a draft to edit

Help request scripts

One specific thing. Low explanation cost.

GENTLE STEPS

Body-first reentry

- I need help with ___ by ___
- The easiest way to help is ___
- You do not need to solve ___
- I'm having a limited-capacity day and need help with one specific thing

Explanation boundary scripts

Protect energy from overexplaining.

GENTLE STEPS

Body-first reentry

- My capacity changes day to day
- I know I looked okay earlier — that does not mean same capacity now
- I'm not discussing whether my limit is real
- I can participate if we adjust the demand

Capacity grief room

It makes sense to grieve capacity.

What I miss · What changed · What I am angry/sad about

What I do not want minimized · What I need time to grieve



Stop when slightly more held

Identity beyond output

I am not only what my body can produce.

GENTLE STEPS

Body-first reentry

- What still feels like me
- What I want to protect
- What I no longer want to perform
- What I am allowed to be on low-capacity days

Rest is not failure.

Rest may protect tomorrow, lower sensory load, and prevent forced shutdown.

What rest protects · What guilt says · What capacity says

What can wait · What support exists if something becomes urgent



You are safe here

Good day protection

A good day is not proof that limits disappeared.

GENTLE STEPS

Body-first reentry

- What do I want to do?
- What do I need to save energy for?
- What would make tomorrow worse?
- What can I do halfway?
- What should I not add just because I feel better?
- What is my stop point?



Return after disappearing

Pick one: Body Reality · Flare Day · Medical Admin · Rest as Access · Help Script

Close loop

What is held · What can wait · Where I return

What my body needs next

What I do not need to explain

One sentence for future me



Stop when slightly more held

You did enough for this round.

You do not have to prove your limits or turn illness into inspiration.

Your body is allowed to be the data. Return to the page that matches your capacity.

AI rules for Illness & Disability OS

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

Do not paste private medical details unless comfortable

AI should not diagnose, prescribe, minimize, or shame productivity

One prompt · One cycle · Then close the chat

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AI PROMPT

The limits are held.

You did enough for this round.

Your body is not a productivity obstacle. Your body is part of the system.

The plan must adapt to capacity.

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