

## My space can get quieter

A CAPACITY-SAFE KIT FOR QUIETING PINGS, FEEDS, SCREEN NOISE, REACTIVE ATTENTION, BEDTIME INPUTS, AND DIGITAL ENVIRONMENTS THAT NEVER STOP ASKING.

Not a willpower challenge. Not monk mode. Not a demand to disappear.

One quiet page at a time. Skip, stop, or return later. Your space can get quieter without you vanishing.

### CALMFLOW · DIGITAL DETOX OS

## For dysregulated tech, feeds, and notifications

Quiet apartment after the notifications stop — life still connected.

### HOW TO USE

1. Pick the route that matches what feels loudest
2. Do not change every app today
3. Start with one digital demand
4. Stop when your environment feels slightly quieter
5. Return later without catching up

## How to use this kit

*You do not need to finish it.*

Pick the route that matches what feels loudest

Do not change every app today

Start with one digital demand

Stop when your environment feels slightly quieter

Return later without catching up

Stop when enough — or turn the page

# What this is not

NOT THERAPY, DIAGNOSIS, MEDICAL ADVICE, LEGAL ADVICE, WORKPLACE ADVICE, OR CRISIS SUPPORT.

## WHAT THIS IS NOT

- Not addiction treatment or a productivity challenge
- Not a 30-day detox or monk mode
- Not a moral judgment about screens
- Not a demand to delete your online life
- Not a system that blames you for environments designed to capture attention

## Digital Detox Capacity Router

Start where your nervous system is. Open one route. Stop when enough.

### START WHERE YOUR NERVOUS SYSTEM IS

*Notifications feel like threat*

→ **NOTIFICATION THREAT RESET**

*I keep scrolling*

→ **FEED SPIRAL INTERRUPT**

*My room never feels quiet*

→ **ENVIRONMENTAL NOISE MAP**

*I need calmer phone defaults*

→ **CALM DEFAULTS SETUP**

*I want less input without disappearing*

→ **REACHABLE BUT NOT INVADED**

*Bedtime gets eaten by my phone*

→ **BEDTIME INPUT BOUNDARY**

*I don't know what to do instead*

→ **NO-SCROLL REPLACEMENT MENU**

*Quiet feels uncomfortable*

→ **QUIET TOLERANCE BRIDGE**

*I need screen reentry rules*

→ **SCREEN REENTRY PLAN**

Go to your page when ready

*I'm done for now*

→ **DIGITAL CLOSE LOOP**



# Your environment may be asking too much.

*Not because you are weak. Not because you lack discipline. Not because your brain is broken.*

Modern digital spaces are built from alerts, novelty, reward loops, social comparison, infinite scroll, unread badges, algorithmic urgency, and constant possibility.

Your nervous system was not designed to be interrupted forever.

This kit does not ask you to disappear from life. It helps your environment stop demanding access to you all day.



You are safe here

Stay here as long as you need

# What you may have been told

"Just put the phone down." "Go outside." "Delete the apps." "You're addicted." "Have discipline."

"Stop scrolling." "Do a dopamine detox." "Go monk mode." "Use your phone less."

Maybe your attention is not the problem. Maybe the environment is designed to keep asking.

Maybe you do not need shame. Maybe you need calmer defaults.

# The Digital Dysregulation state

*Digital dysregulation can feel like:*

## GENTLE STEPS

### Body-first reentry

- Every notification feels urgent
- Silence feels uncomfortable
- I scroll when I'm tired
- I reach for my phone before I know why
- I lose time in feeds
- I feel worse after checking
- I compare myself and then feel behind
- Bedtime gets eaten by screens
- I want to be reachable but not invaded
- My brain feels noisy even when the room is quiet

Stop when enough — or turn the page

# Tech is not the enemy

Connection can be real. Information can be useful. Entertainment can be soothing. Online community can matter.

Digital work can support survival. Phones can hold access, safety, money, people, and memory.

The problem is not that digital life exists.

The problem is when your digital environment has more access to your nervous system than your body, home, rest, relationships, and attention do.

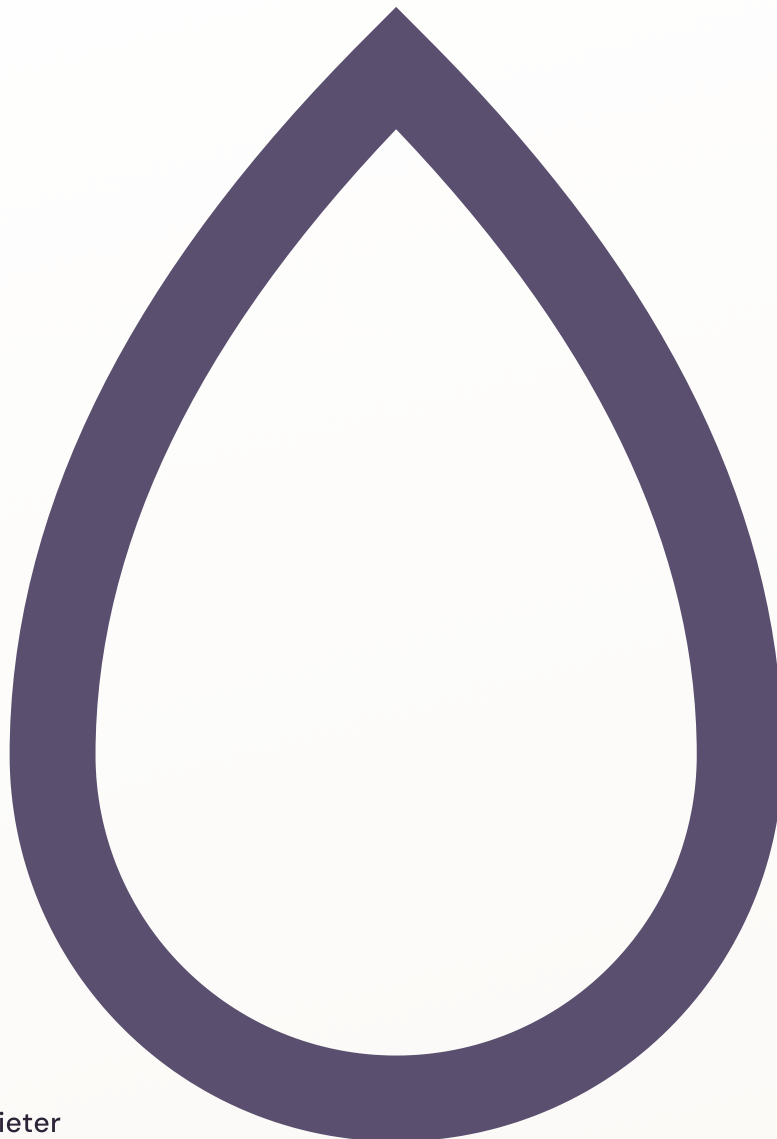
# Digital Noise Dump

*What digital noise is living in your head?*

Apps · Notifications · Unread badges · Feeds · Messages · Group chats · Email · News

Work tools · Shopping · Videos · Bedtime inputs · Background noise · Screens in the room

Comparison triggers · Things I keep checking · Things I feel scared to miss



Stop when slightly quieter

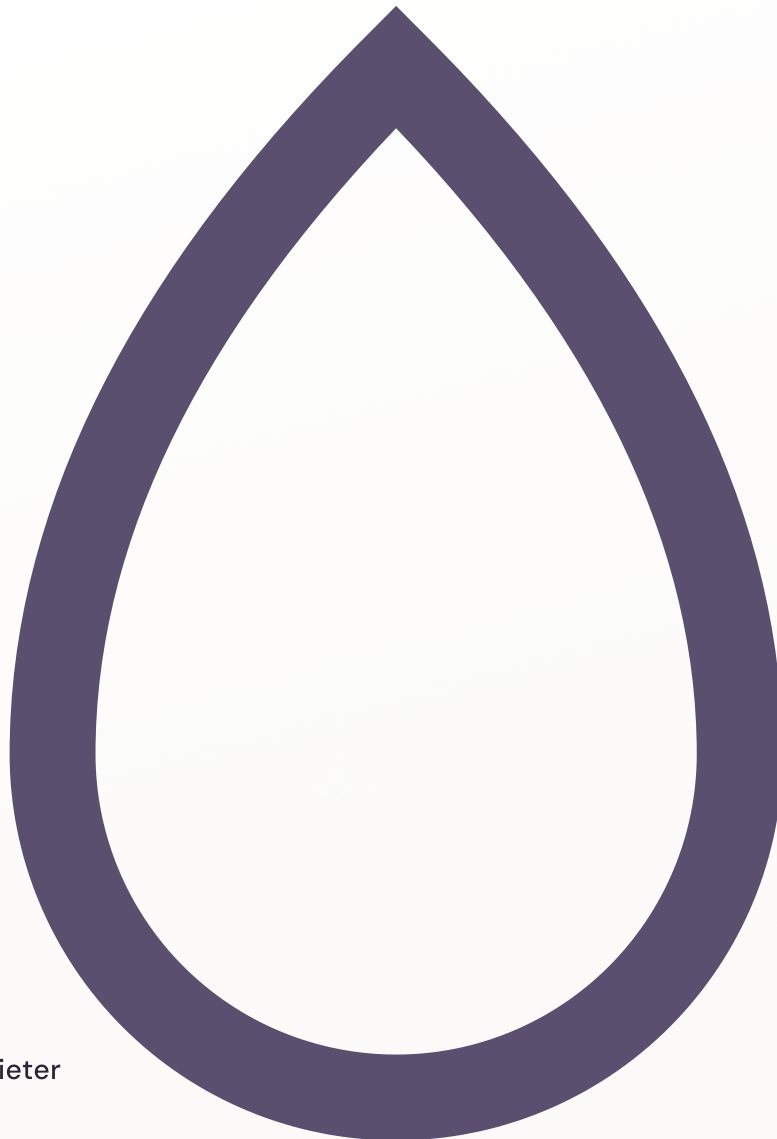
# Digital Noise Audit

*Sort the noise. This is not a shame list. This is a demand map.*

Pings · Badges · Feeds · Messages · News · Work/school platforms · Shopping/ads

Entertainment · Social comparison · Bedtime inputs · Background audio/video · Devices in the room

Things I actually need · Things that feel urgent but are not



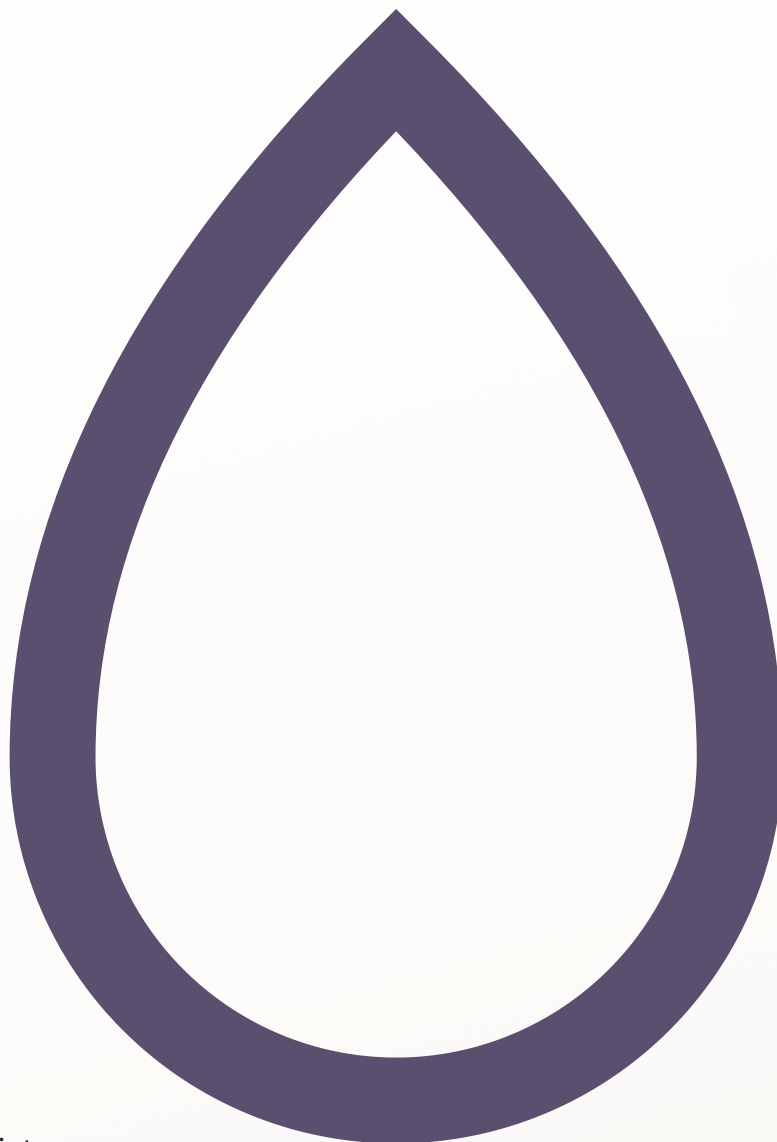
Stop when slightly quieter

# Notification Threat Map

*Which notifications activate your body?*

Notification/app · What it feels like: urgency, guilt, fear, social pressure, work pressure, family pressure, comparison, obligation, curiosity, dopamine pull

What happens after I see it · What would make it quieter



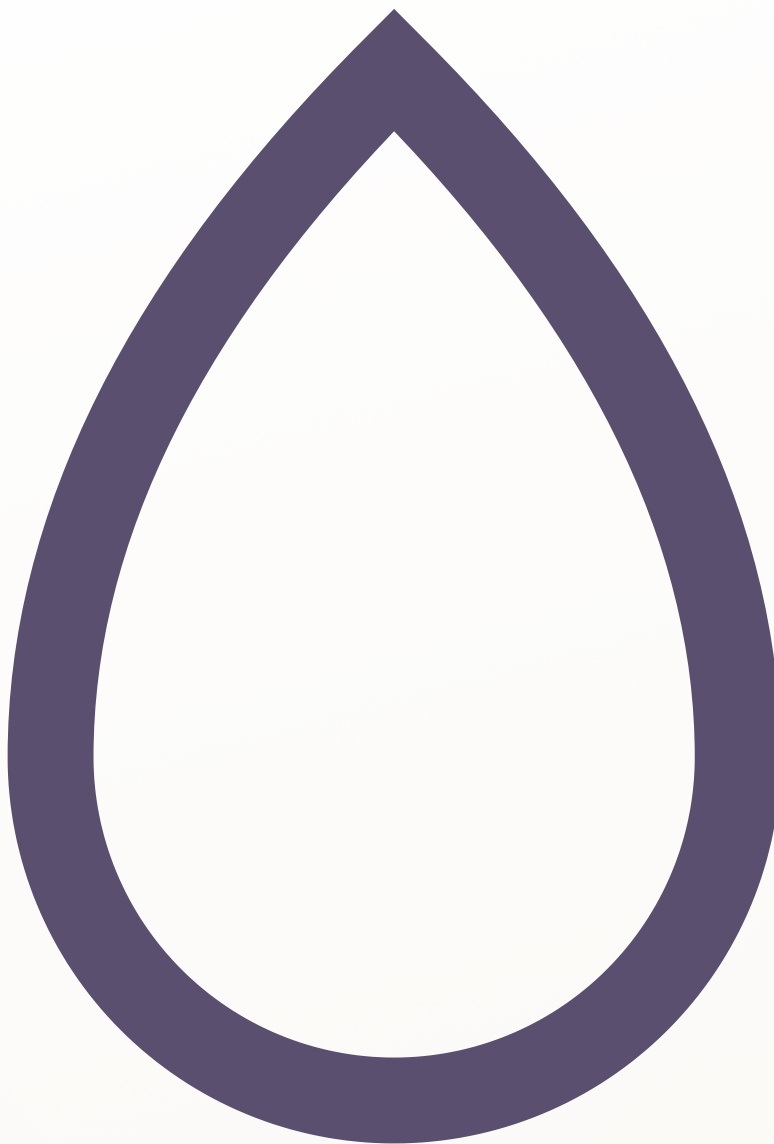
Stop when slightly quieter

## Feed Spiral Map

*A feed spiral is not always desire. Sometimes it is tiredness looking for relief.*

App/site · When I open it · What I'm usually feeling before · What the feed gives me

What the feed costs me · What I keep hoping to find · What I feel after



Stop when slightly quieter

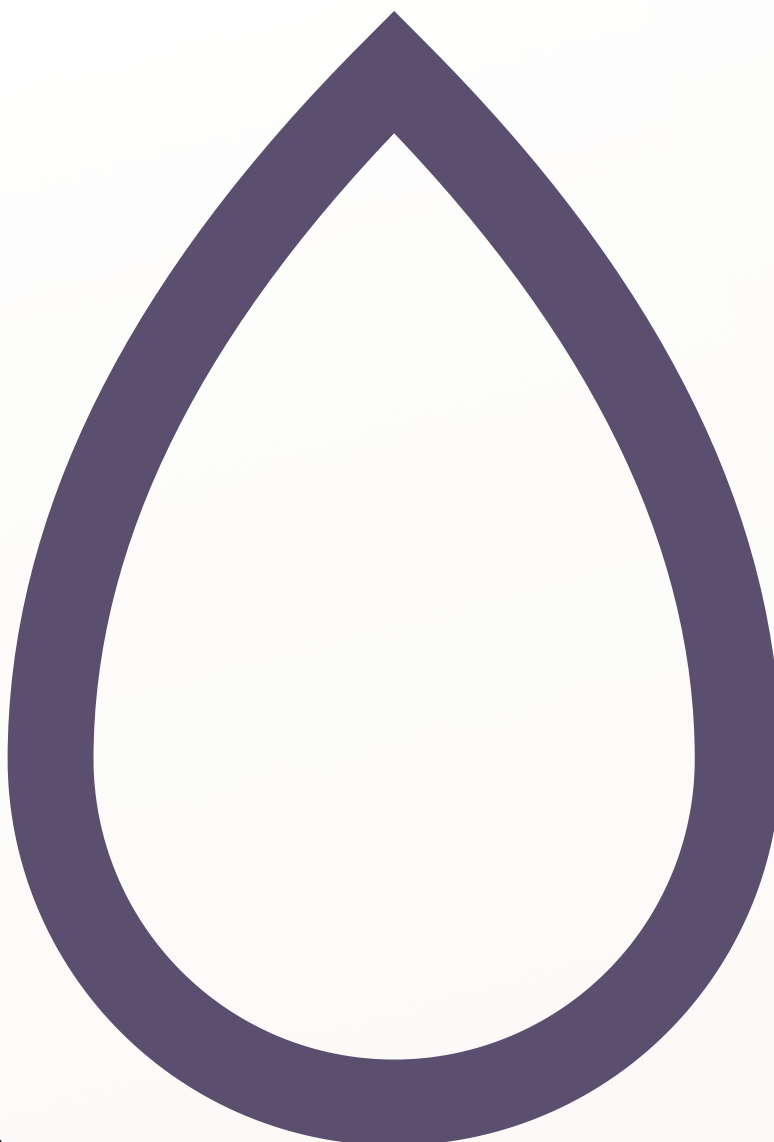


## Reachability Fear Dump

*What am I afraid will happen if I am less available?*

People will be upset · I will miss something important · I will seem rude · Work will punish me

Family will need me · I will feel lonely · I will lose momentum · I will be forgotten · I will not know what is happening



Stop when slightly quieter

# Keep / Quiet / Remove / Replace

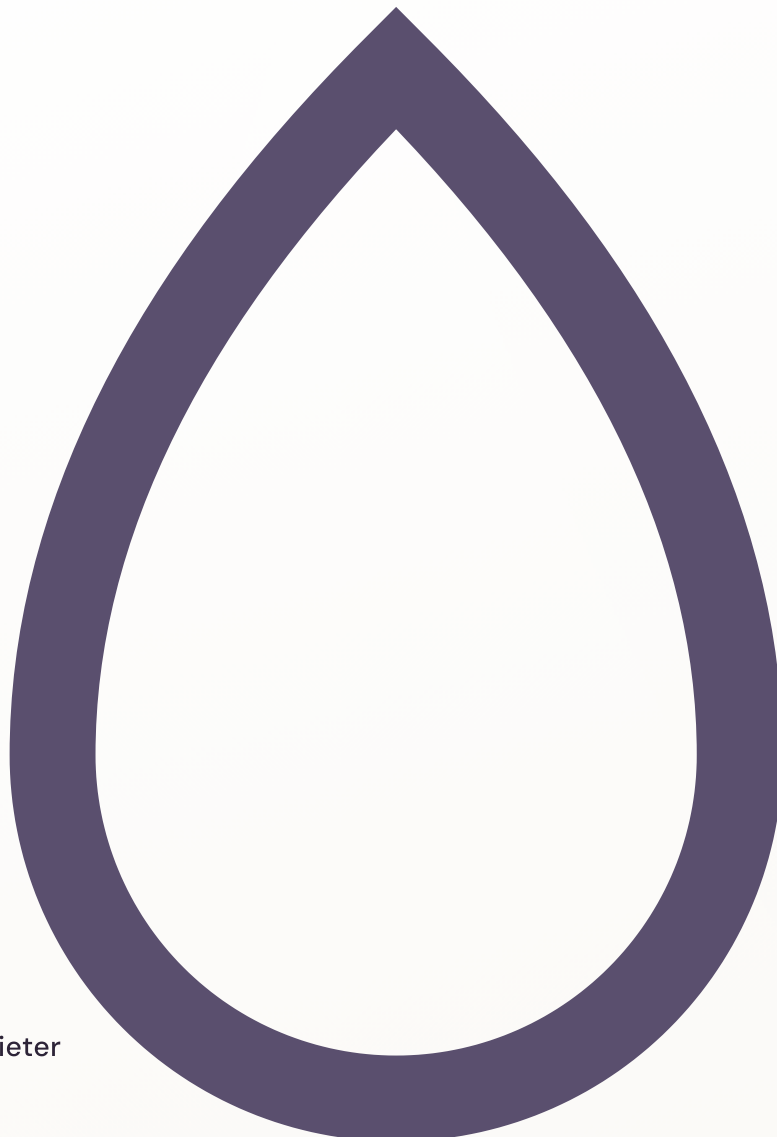
*Sort one app or digital demand at a time.*

Keep: actually useful, supportive, necessary, or wanted

Quiet: useful, but too loud · Remove: not needed, harmful, or no longer worth the cost

Replace: meeting a real need, but in a dysregulating way

App/input · Why · One tiny change



Stop when slightly quieter

# Notification Boundary Map

*Reachable does not have to mean interruptible.*

## GENTLE STEPS

### Body-first reentry

- Allowed immediately · Allowed during certain windows · Badge only · Manual check only
- Mute · Remove · Emergency / human support exception

# Feed Triage

*For each feed: Does this regulate me or activate me?*

## GENTLE STEPS

### Body-first reentry

- Do I leave feeling clearer or more fragmented? Does this make me compare, buy, or argue internally?
- Safe enough · Only with timer · Not before sleep · Not when flooded · Mute/unfollow · Remove · Replace with

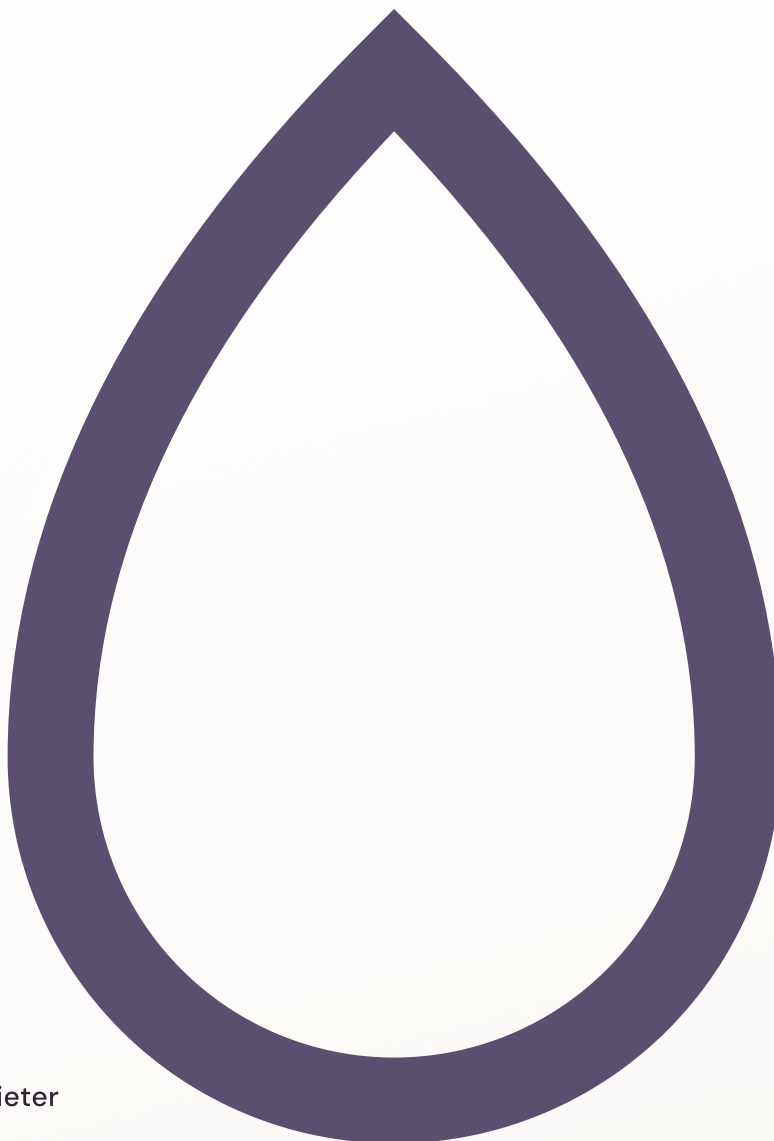
Stop when enough — or turn the page

## Screen Zones

*Where do screens currently enter?*

Bed · Bathroom · Kitchen · Couch · Desk · Car · Child/family space · Morning · Meal time · Before sleep · Middle of the night

One place I want less screen presence · One place screens are actually useful · One zone I can soften first



Stop when slightly quieter

# Bedtime Input Boundary

*Bedtime is not the place for the whole world.*

## GENTLE STEPS

### Body-first reentry

- What enters before sleep: news, messages, drama, work, shopping, short videos, comments, conflict, bright light, comparison, planning
- Options: charge phone across room · grayscale after a time · no feeds in bed · messages allowed, feeds not
- music/sound only · phone outside bedroom · one final check window · no work apps after \_\_\_ · do nothing tonight, just notice

## One Calmer Default

*Choose one calmer default. Not the whole phone. Not every app.*

Turn off one badge · mute one group chat · remove one app from home screen · set one app to manual check

Move charger away from bed · create one no-feed zone · unfollow one activation account · make one bedtime rule

Turn on grayscale · set one focus mode · stop here

# Reachable But Not Invaded

*People who matter can reach me through \_\_\_ · Everything else can wait until \_\_\_*

## GENTLE STEPS

### Body-first reentry

- Want access for: kids/family, work, emergencies, close friends, care, appointments, money/admin, support
- Do not want invasion by: random pings, algorithm urgency, group chat pressure, late-night work, news loops, comparison feeds, ads, outrage, unnecessary badges

Stop when enough — or turn the page



# No-Scroll Replacement Menu

*What was scrolling doing for me? Replace the need, not just the behavior.*

## GENTLE STEPS

### Body-first reentry

- Numbing, resting, avoiding, stimulation, connection, comfort, background noise, procrastination, transition, loneliness relief, revenge bedtime
- If I need numbing/rest/connection/stimulation/transition/background/comfort/avoidance — try: music, sit outside, walk, one comfort show, voice note, stretch, water, dim light, journal one line, lie down, do nothing

Stop when enough — or turn the page

# Quiet Tolerance Bridge

*Quiet can be introduced gently. Your system does not have to drop from chaos to silence.*

Lower volume, not silence · music without video · one lamp, not bright overhead

Still image instead of scrolling · sit for 2 minutes, not 30 · one room without phone

Phone nearby but face down · no notifications for 15 minutes

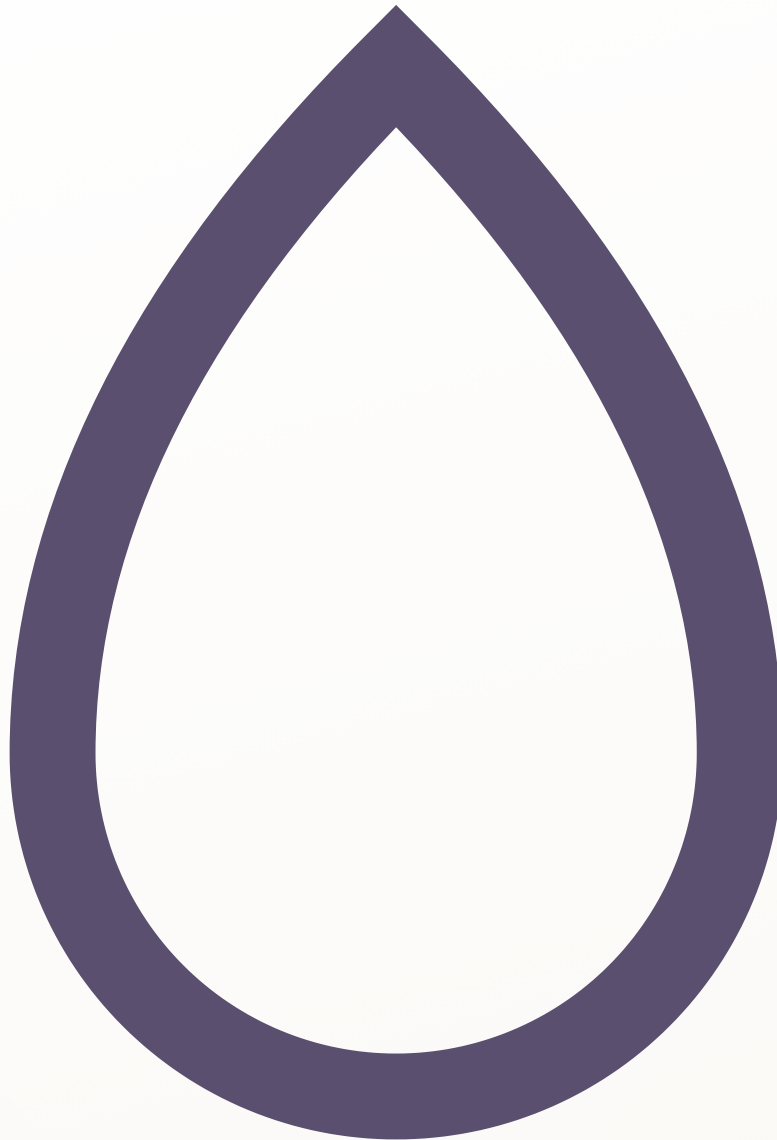
Stop when enough — or turn the page

## Screen Reentry Plan

*I am entering for one reason. I do not have to follow every doorway.*

Before opening: What am I here for? What app/site? How long?

What am I not opening? What will tell me it is time to stop? Where do I go after?



Stop when slightly quieter

# After-Scroll Recovery

*After a feed spiral, do not punish yourself.*

## GENTLE STEPS

### Body-first reentry

- What was I needing? What did the feed give me? What did it cost me?
- What is one body cue now? What is one setting/default that could reduce this next time? What can wait?

# Digital Shame Reset

*Capacity-safe truth:*

Digital shame says: you wasted time, you have no discipline, you ruined your day, you are addicted, you'll never change.

A dysregulated digital environment can capture a depleted nervous system. Shame makes the loop louder.

A calmer default is more useful than self-attack.



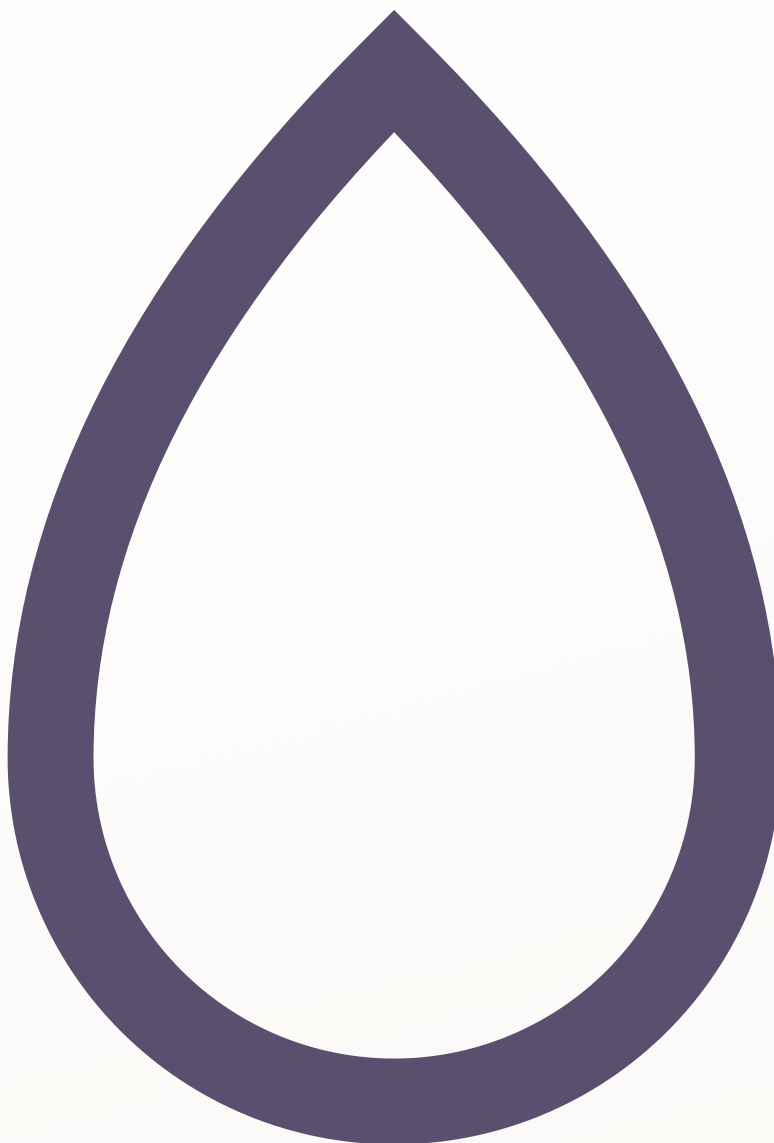
# Return without catching up

Pick one: Digital Noise Dump · Notification Boundary Map · One Calmer Default · No-  
Scroll Replacement Menu · Digital Close Loop

# Digital Close Loop

*What is quieter now:*

What can wait · What setting/default did I touch · What I am not changing today · Where I return · One sentence for future me



Stop when slightly quieter

# You did enough for this round.

*You do not have to delete your digital life. You do not have to become unreachable. You do not have to fix every feed today.*

You do not have to punish yourself for scrolling. You do not have to earn quiet.

Your space can get quieter one default at a time. Nothing here expires.



# AI Rules For Digital Detox OS

*Use AI to reduce digital demand. Do not use AI to optimize your life from shame.*

No 30-day detox plans when dysregulated. No productivity systems disguised as screen boundaries.

No moral lectures. No delete everything. No discipline speeches. No giant settings checklist when flooded.

One prompt · One cycle · Then close the chat.



## AI DIGITAL NOISE AUDIT

Copy into your AI tool. General context only — no account passwords.

I am overwhelmed by digital noise, notifications, feeds, and screen inputs.

Do not shame me.

Do not give me a 30-day detox.

Do not tell me to delete everything.

Do not create a productivity plan.

Help me sort what I paste into:

1. Actually needed
2. Useful but too loud
3. Feels urgent but can wait
4. Comparison / activation source
5. Bedtime input
6. Can be muted/hidden
7. One calmer default

Use short bullets only.

End with permission to stop.

Context:

[PASTE]

Stop when:

My digital environment feels slightly more nameable.

Stop when your digital environment feels slightly more nameable.



## AI NOTIFICATION BOUNDARY

Copy into your AI tool.

Help me create a notification boundary.

Do not shame me.

Do not make me unreachable.

Do not give me a giant settings plan.

Sort notifications into:

1. Immediate
2. Scheduled check
3. Badge only
4. Manual check only
5. Mute
6. Remove
7. Emergency/human exception

Use only what I paste.

Give me one setting/default to change first.

Context:

[PASTE]

Stop when:

One notification demand is quieter.

Stop when one notification demand is quieter.



## AI FEED SPIRAL INTERRUPT

Copy into your AI tool.

I keep getting pulled into scrolling or feed spirals.

Do not shame me.

Do not tell me to just stop.

Do not give me a discipline plan.

Help me identify:

1. What I may be needing before I scroll
2. What the feed gives me
3. What the feed costs me
4. One replacement that matches the real need
5. One screen reentry rule

Keep it short.

End with:

"This is demand reduction, not moral failure."

Context:

[PASTE OR SKIP]

Stop when:

The scroll loop feels slightly less automatic.

Stop when the scroll loop feels slightly less automatic.

# The digital demand is held.

*You did enough for this round.*

Your attention is not a moral failure. Your environment can become quieter without you disappearing.

CalmFlow · Digital Detox OS · Digital Environment Reset Kit · for dysregulated tech, feeds, and notifications · by Whelmish