

WHELMISH

CalmFlow

Low Capacity OS

For overwhelmed minds.

AI Prompt Pack

BY WHELMISH

Low Capacity OS

AI Cognitive Relief Systems

CalmFlow · by Whelmish

for overwhelmed minds

Nervous-system-safe AI support for mental overload — not therapy, not a planner, not a hustle prompt list.

Eight bounded systems. Copy, paste, stop.

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You're not failing

If you're opening this while overwhelmed, frozen, or behind — that's exactly who this was made for.

Nothing here will judge you. Nothing here will ask you to fix your whole life today.

This is a **decompression toolkit** for AI: short contained cycles — unload, simplify, one step, rest.

You can:

- Use one system only
- Stop mid-prompt
- Return days later with **Reentry** (System 08)
- Skip anything that feels like too much

There is no wrong door.

How to use AI safely with this pack

Before you paste

1. Pick **one** system that matches how you feel (see directory).
2. Copy the full prompt block — including the rules section.
3. Paste into ChatGPT, Claude, or similar.

During

- Answer honestly. Messy is fine.
- If the AI starts planning your whole life, **stop** and re-paste the prompt.
- You can say "stop" or close the chat — rest counts.

After

- You do **not** need another round.
- Partial counts. Choosing not to act counts.
- If shame spikes, use **Emotional Reset** (O5) before anything else.

Accessibility note

- Use **digital PDF on screen** for lowest glare (dark CalmFlow palette).
- Prefer **large text / zoom** if reading is hard today.
- This pack is static text — not a live app. No accounts, streaks, or tracking.

What we never do here

- Streaks or "don't break the chain"
- Catch-up or "you're behind"
- Clinical or therapy claims
- Infinite chat — every system is designed to **end**

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What this is not

- **Not** mental health treatment, crisis support, or medical advice
- **Not** a productivity system, habit tracker, or optimization tool
- **Not** a test you can fail — no scores, streaks, or catch-up
- **Not** "100 ChatGPT hacks" — eight bounded relief systems only
- **Not** a replacement for professional care when you're in crisis

If you are in danger or crisis, contact local emergency or crisis services — this pack cannot see you or intervene.

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Bounded cognition — why these prompts end

Most AI tools optimize for **longer** conversations. Low Capacity OS optimizes for **less pressure**.

Each system is one cycle:

input → **container** → **relief** → **exit**

You should leave calmer — not hooked into another hour of chat.

That is the product philosophy behind CalmFlow and the Whelmish ecosystem: **nervous-system-safe operational recovery support**.

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System directory — start here

Suggested paths

- *Heavy + loud brain:* 05 → 01 → 04 → 03 → stop
- *Frozen:* 05 → 02 → 03 → stop
- *Been away:* 08 → 01 or 05 → stop

You may skip numbers. Order is pacing, not rules.

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SYSTEM 01

Brain Dump Sorter

CalmFlow · Low Capacity OS · bounded cognitive relief

What this helps with

Let the noise leave your head. Everything circling in your mind can go here — messy and incomplete are fine. You're not solving yet; you're unloading.

When to reach for it

- Too many mental tabs open
- Looping thoughts or mixed tasks and worries
- Freeze with a loud brain

Your prompt

I'm going to paste a messy brain dump. I am overwhelmed and low capacity. Do not coach me, optimize my life, or give me a long plan.

Sort into: **Needs attention soon** · **Can wait** · **Emotional weight** · **Random/unclear**. Then one reflective sentence on what feels heaviest. End with permission to stop. Short bullets only.

[PASTE YOUR DUMP HERE]

Stop when

Your chest feels slightly lighter — or you have one screen of sorted buckets. You don't have to fill every line.

One contained cycle. Then rest.

BRAIN DUMP SORTER — COPY/PASTE

Copy/paste prompt — Brain Dump Sorter

> Paste everything below into your AI tool.

I'm going to paste a messy brain dump. I am overwhelmed and low capacity. Do not coach me, optimize my life, or give me a long plan.

Your job is only:

1. Acknowledge briefly that overload is normal (2 sentences max).
 2. Sort what I paste into these buckets (leave empty buckets blank):
- **Needs attention soon** (genuine near-term)
 - **Can wait** (not today)
 - **Emotional weight** (worries, shame loops, not tasks)
 - **Random / unclear** (doesn't fit yet)
1. Give me **one** gentle sentence on what feels heaviest — not advice, just reflection.
 2. End with explicit permission to stop. Do not ask follow-up questions unless something is literally impossible to sort without one clarification.

Rules for you:

- Short bullets only. No essays.
- No productivity shame. No "you should."
- Do not add new tasks I didn't mention.
- Maximum 12 items per bucket; if more, group as "...and similar items."

Here is my brain dump:

[PASTE HERE]

Stop when: Your chest feels slightly lighter or you have one screen of sorted buckets — whichever comes first. You don't have to fill every category.

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SYSTEM 02

Shutdown Recovery

CalmFlow · Low Capacity OS

What this helps with

If you've been frozen or shut down — that's not failure. Shutdown means your system hit capacity. This system helps you re-enter through your body, not through a task list.

When to reach for it

- Numb, frozen, or avoiding
 - Before you ask AI to "fix your day"
-

Your prompt

I'm in shutdown or freeze. Low capacity. No tasks or plans.

Normalize shutdown (≤ 2 sentences). Guide me: unclench · slow breath (long exhale) · feet on floor · name one neutral thing I see. End with permission to stop.

Stop when

You feel slightly more here — or you choose rest. No make-up work required.

One contained cycle. Then stop.

SHUTDOWN RECOVERY — COPY/PASTE

Copy/paste prompt — Shutdown Recovery

> Paste everything below into your AI tool.

I'm in shutdown or freeze. I am low capacity. Do not give me a task list, life plan, or productivity advice.

Your job is only:

1. Say in 2 sentences max that shutdown is a nervous-system response — not failure.
2. Guide me through this **body-first reentry** checklist (one line each; wait for my OK between steps if I say I'm stuck):

- Unclench jaw and shoulders
- One slow breath — longer exhale than inhale
- Feel feet on the floor for ~10 seconds
- Name one neutral thing I see (not a task)

1. End with: "You can begin again — softly" and explicit permission to stop. No follow-up questions.

Rules: Short lines. No shame. No "make up for lost time." No new tasks.

If I say I'm stuck on a step, offer one gentler alternative — do not skip to planning.

Stop when: Your body feels slightly more here, or you want to rest — whichever comes first.

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SYSTEM 03

One Safe Step

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What this helps with

Not the biggest thing — the step your nervous system might actually let you take.

Your prompt

Low capacity. From my situation below, give **one** safest next step (small, concrete, low risk) + one sentence why. Permission to do, skip, or rest.

[PASTE SITUATION]

Stop when

One step feels possible — or rest is the answer.

ONE SAFE STEP — COPY/PASTE

Copy/paste prompt — One Safe Step

I'm overwhelmed and low capacity. Do not give me multiple next steps or a full plan.

I'll describe my situation (or paste a short list). Your job:

1. Acknowledge briefly (≤ 2 sentences). No shame.

2. Suggest **exactly one** safest next step:

– small, concrete, low emotional risk

– startable without a big prep ritual

– NOT the "most important" task unless it's also the safest

1. Say why it's safest in **one** sentence.

2. End with permission to do it, skip it, or rest — all valid.

Rules: No numbered lists of 5–10 actions. No optimization. No "you should."

My situation:

[PASTE OR DESCRIBE]

Stop when: You have one step you could imagine starting — or you choose rest instead.

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SYSTEM 04

Low Energy Planning

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What this helps with

We're not optimizing your life — we're reducing friction. Today only needs honesty.

Your prompt

Low capacity. From below: **at most 3** things if today ended early. Everything else can wait today.
Permission to pick fewer.

[PASTE]

Stop when

Slightly clearer — not perfectly planned.

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LOW ENERGY PLANNING — COPY/PASTE

Copy/paste prompt — Low Energy Planning

I'm low capacity. I may paste a brain dump or task list. Do not optimize my life.

Your job:

1. Brief ack (≤ 2 sentences): we're reducing friction, not ambition.
2. From what I paste, list **at most 3** things that matter **if today ended early** — what I'd gently want handled, not what "should" matter.
3. Label everything else "can wait today" in one short line (no guilt).
4. End with permission to pick fewer than 3 or zero.

Rules: Max 3 items. No Eisenhower matrix. No weekly plans.

[PASTE DUMP OR LIST]

Stop when: Today feels slightly more manageable — not perfectly planned.

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SYSTEM 05

Emotional Reset

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What this helps with

What you're feeling makes sense. Your brain isn't broken — it's protecting you from too much input.

Your prompt

Emotionally overloaded. No tasks. Brief validation · 3 gentle reminders · optional: what would make the next hour softer? · permission to stop.

Stop when

You feel slightly safer — not fixed.

EMOTIONAL RESET — COPY/PASTE

Copy/paste prompt — Emotional Reset

I'm emotionally overloaded or ashamed. Low capacity. Do not fix me, diagnose me, or give tasks.

Your job:

1. Validate in ≤ 4 short sentences: overload makes sense; freeze/avoidance are nervous-system responses, not character flaws.
2. Offer **three** one-line reminders (no judgment · don't fix everything today · one gentle step at a time).
3. Ask **at most one** optional question: "What would make the next hour slightly softer?" — skip if I don't answer.
4. End with permission to stop here — no homework.

Rules: No therapy claims. No streaks. No "you should."

Optional — how I'm feeling:

[PASTE OR SKIP]

Stop when: Threat feels slightly lower — not "fixed."

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SYSTEM 06

Mental Load Splitter

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What this helps with

The planning, remembering, worrying, and emotional labor no one sees — it all costs energy.

Your prompt

Sort my paste into: **Invisible labor** · **Gentle attention soon** · **Can wait**. One sentence on what feels heaviest. Permission to stop.

[PASTE]

Stop when

Load feels visible — not fixed.

MENTAL LOAD SPLITTER — COPY/PASTE

Copy/paste prompt — Mental Load Splitter

I'm carrying invisible mental load. Low capacity. No coaching.

I'll paste what I'm holding. Your job:

1. Brief ack (≤ 2 sentences): invisible labor counts as work.
2. Sort into:

- **Invisible labor I'm holding** (tracking, anticipating, emotional labor others don't see)
- **Needs gentle attention soon** (real near-term)
- **Can wait** (explicit permission)

1. One sentence: what invisible weight feels heaviest — reflection only.
2. Permission to stop. No new obligations.

Rules: Short bullets. Max 10 per bucket then group. Don't assign me more roles.

[PASTE]

Stop when: The invisible weight feels seen — not solved.

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SYSTEM 07

AI Clarity Assistant

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What this helps with

When everything is tangled — get a small clarity snapshot, not a life overhaul.

Your prompt

Low capacity. From below: ≤ 3 situation bullets · one tension line · up to 3 one-line options · permission to stop. Stay brief.

[DESCRIBE]

Stop when

It feels nameable — not solved.

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AI CLARITY ASSISTANT — COPY/PASTE

Copy/paste prompt — AI Clarity Assistant

I'm confused and low capacity. I'll describe a messy situation. No long plans.

Your job:

1. Reflect back the situation in **3 bullets max** (my words, simplified).
2. Name **one** core tension in one sentence (not advice yet).
3. Offer **up to 3** clarity options I could choose — each one line, no ranking shame.
4. End: I can pick one, pick none, or rest.

Rules: No 10-step plans. No "optimize." Total output under ~150 words.

[DESCRIBE SITUATION]

Stop when: The situation feels nameable — not solved.

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SYSTEM 08

Reentry System

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What this helps with

You can come back gently. Disappearing didn't break anything — return has no catch-up.

Your prompt

I've been away. Low capacity. Normalize · two reentry doors (safety first / unload first) · one kind line
· no catch-up plan.

Stop when

Return feels possible — not earned.

Rest is allowed. Coming back is progress.

REENTRY SYSTEM — COPY/PASTE

Copy/paste prompt — Reentry System

I've been away, avoiding, or shut down. Low capacity. Do not lecture me about catching up.

Your job:

1. Normalize in ≤ 3 sentences: avoidance happens; returning softly is progress; no starting over from zero.
2. Offer **two** reentry doors (I pick one or neither):

– **Safety first** — tiny emotional landing (no tasks)

– **Unload first** — permission to brain-dump next

1. One kind line I might remember today (optional fill-in prompt for me).
2. Explicit: no catch-up. Rest counts.

Rules: No backlog plans. No streak talk.

Optional context:

[PASTE OR SKIP]

Stop when: Return feels possible without punishment.

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Rest is allowed

You did enough for today.

This pack has **no streaks** and **no failure state**. Start again with any system whenever you need to.

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Nervous-system-safe operational recovery support — not therapy.

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