

Too many tabs *open*.

CAPACITY-SAFE OPERATIONAL INFRASTRUCTURE FOR OVERWHELMED MINDS.

The system adjusts to the human — not the other way around.

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

CALMFLOW · LOW CAPACITY OS

PDF Operating Kit

Printable emotional-operational relief — someone reduced the noise in your brain.

HOW TO USE

1. Notice what your system can hold — not what you "should" do.
2. Turn to page 2 to pick your starting page, or use the Low Energy Decision Tree (page 11).
3. Stop when pressure lowers. Returning later is not starting over.

Start where your capacity is

OPEN THE PAGE THAT MATCHES. STOP WHEN PRESSURE LOWERS.

CAPACITY ROUTER

Brain is loud	→ Brain Dump Vault (p. 6)
Shame or freeze	→ You Are Not Broken (p. 4)
Everything feels urgent	→ Wait vs. Gentle Attention (p. 9)
Can't restart	→ One Safe Step (p. 12)
Done for now	→ Rest Permission Slips (p. 14)

WHAT THIS IS NOT

- Not therapy, diagnosis, or medical advice
- Not a planner or optimization tool — no streaks, no catch-up
- Not a demand to "return to normal" — Capacity Alignment meets you as you are

Go to your page when ready — Safety alone is enough

You're not failing.

You're carrying more than one person should have to hold at once.

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.

GENTLE GUIDANCE

This is a decompression sequence.

Not a workbook. A few quiet screens to help your brain exhale — then find one gentle next step.



You are safe here

Stay here as long as you need

No need to rush. Turn the page when your body feels slightly softer.

You Are Not Broken

Overload isn't laziness. Avoidance isn't weakness. Freeze is a nervous-system response — not a character flaw.

Your system is protecting you from more input than it can safely process. That is intelligent, not defective.



No judgment



You don't have to fix everything today



One gentle step at a time — or none. Both count.

GENTLE GUIDANCE

Capacity Alignment starts here

No streaks. No scores. No "catching up." This kit meets you at your actual bandwidth — whether today is return, stabilization, or rest.

When you're ready

Turn the page to name what feels heavy — or skip ahead if offload is what you need.

What Feels Heavy Right Now?

Name the weight before you carry it further.

No fixing yet. No sorting. Just honest naming.



*What is pressing on you in this
moment?*

Fragments count. One word per line is enough.
You are not solving — you are witnessing.

♥ FEELS LIKE: *A quiet shelf for what hurts*

Stop when something feels seen — not solved

Safety is enough if this is all you do today.

Brain Dump Vault

Your brain was not built to hold this many open loops.

This page holds the load for you. Let the noise land here — nothing is lost, nothing is judged.



*What your brain shouldn't have to
hold alone*

No order. No complete sentences. No need to
finish. The system receives without fixing.

♥ FEELS LIKE: *A vault — put it down, walk away*

Stop when your chest feels slightly lighter

Offload is enough for today. You don't have to sort yet.

SYSTEM ·

Mental Load Sorter

Invisible labor counts as work — even when no one sees it.

THIS PAGE

Name what you hold invisibly

Place each weight where it belongs. You are not solving — you are naming. The system does not ask you to justify why it's hard.

PLACE INVISIBLE WEIGHT IN EACH TRAY

Fragments count. No complete sentences required.

Invisible labor I'm holding

Needs gentle attention soon

Can wait

Emotional weight only

Stop when the invisible weight feels seen

What Actually Matters Today?

Reduce the operating surface — not a to-do list.

From what you unloaded, most of it can wait. The system filters so you don't have to.



*The only things that need your
attention right now*

Three is the max. Fewer is better.
Simplification is precision — not dumbing
down.

FEELS LIKE: *A gentle filter, not a to-do list*

Everything else can wait. That's allowed.

Separate real urgency from noise

Urgency is not always truth.

Some things need gentle attention. Most can wait.

GENTLE GUIDANCE

Two containers only

Place each thread in one tray. You are not prioritizing — you are defusing.

Needs gentle attention soon

real near-term or safety

Can wait today

explicit permission

Stop when the house no longer feels on fire

Low Energy Decision Tree

One fork at a time. No wrong door.

You don't need the perfect path — only the page your system can hold right now.

WHAT MATCHES YOUR CAPACITY RIGHT NOW?

Brain is loud / too many open loops

→ **BRAIN DUMP VAULT**

Invisible labor nobody sees

→ **MENTAL LOAD SORTER**

Everything feels urgent

→ **WAIT VS. GENTLE ATTENTION**

Can't choose what matters

→ **WHAT ACTUALLY MATTERS TODAY?**

Frozen or shut down

→ **SHUTDOWN RECOVERY PROTOCOL**

Need one tiny move

→ **ONE SAFE STEP**

Done for now

→ **REST PERMISSION SLIPS**

Jump to that page in this PDF. Stop when pressure lowers — you don't owe the whole sequence today.

Shutdown Recovery Protocol

If you've been frozen or shut down — that's not failure. Shutdown means your system hit capacity.

Restarts are allowed. Coming back counts as progress. You're not starting over from zero — you're re-entering gently.

GENTLE STEPS

Body-first reentry

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

You can begin again — softly

No need to "make up" for lost time. That's enough is enough.

Find the safest reentry point.

Not the most impressive step.

The lowest-threat return — the one your body might allow.



One thing my body might allow

Small. Low threat. No prep required.



 FEELS LIKE: *A soft yes, not pressure*

Tiny Wins Tracker

Not achievement. Evidence you showed up.

Brushed teeth counts. Sent one text counts. Stayed alive counts.

This is not a streak. Nothing resets if you skip a day.



*Name up to three quiet wins from
today or this week*

Small enough that shame can't argue with
them. Partial counts.



FEELS LIKE: *Quiet proof, not performance*

One win written is enough

Celebration stays quiet — no confetti required.

Rest Permission Slips

Rest is not a reward. It is capacity maintenance.

You do not have to earn rest. Stopping here is not quitting.

Recovery is neurologically productive — the system protects it as a feature, not a failure.

♥ I may stop without finishing.



Rest is maintenance — not something I earn.

🛡️ Returning later is welcome — not catch-up.

💧 Partial counts. Choosing not to act counts.

GENTLE GUIDANCE

Permission you can keep

Read one slip. Or all. Or none. Silence counts.

Close when you're ready — softness is the goal



AI Prompt Support Layer

Human-safe AI — copy, paste, stop.

One prompt per page. One cycle per session. The full pack has eight systems — these three are the most common.

THIS PAGE

How to use AI without spiraling

Copy the whole block on the next page. Stop when the stop line says stop — not when the AI asks for more.

Brain Dump Sorter

When your brain is loud.

Full prompt → next page (Brain Dump)

Stop when pressure lowers.

Shutdown Recovery

When you're frozen or shut down. Body-first only.

Full prompt → page after that (Shutdown)

Stop when your body feels slightly more here.

One Safe Step

When you need exactly one low-threat move.

Full prompt → following page (One Safe Step)

Stop when you have one step — or choose rest.

Turn the page for the prompt you need

If shame spikes, return to Safety pages before opening AI.



BRAIN DUMP SORTER

Copy everything in the box. Paste into ChatGPT, Claude, or similar.

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 what I paste into:

- Needs attention soon
- Can wait
- Emotional weight
- Random / unclear

Short bullets only. One gentle sentence on what feels heaviest — not advice. End with permission to stop. No follow-ups unless literally required.

[PASTE HERE]

Stop when your chest feels slightly lighter — not when everything is sorted.



SHUTDOWN RECOVERY

Body-first only. No task lists. Copy the box below.

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

Your job:

1. Say in 2 sentences max that shutdown is a nervous-system response — not failure.
2. Guide me through body-first steps (one line each):
 - Unclench jaw and shoulders
 - One slow breath — longer exhale than inhale
 - Feel feet on the floor ~10 seconds
 - Name one neutral thing I see (not a task)
3. End with permission to stop. No follow-up questions.

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

Stop when your body feels slightly more here — or when rest is the answer.

Paste, run once, then close the chat

If shame spikes, return to Safety pages before asking AI for more.



ONE SAFE STEP

Exactly one step — not a plan. Copy the box below.

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

I'll describe my situation below. Your job:

1. Acknowledge briefly (2 sentences max). No shame.
2. Suggest exactly one safest next step — small, concrete, low emotional risk.
3. One sentence why it's safest.
4. End with permission to do it, skip it, or rest.

No numbered lists of many actions. No optimization.

[PASTE OR DESCRIBE]

Stop when you have one step you could imagine — or you choose rest.

Rest is allowed. You can come back gently.

Rest is not a reward. It is capacity maintenance.

You don't have to earn rest. Stopping here is not quitting.

Return has no catch-up.

REMEMBER

- *You don't have to do everything.*
- *You are not behind.*
- *Rest is capacity maintenance.*
- *Coming back is progress.*

CLOSE THE LOOP

You did enough for today

No streaks. No failure state. Start again from the page that matches your state.

PART OF THE WHELMISH ECOSYSTEM

Every CalmFlow OS follows the NSIF Capacity-Safe Systems Standard: demand architecture, not aesthetics — the system adjusts to the human, not the other way around.

- No account, email, or tracking required
- Recovery Spine may stop at any phase — Safety alone is enough
- Full AI Prompt Pack + Notion OS available in the complete Low Capacity OS stack

Nothing here expires.

by Whelmish · Capacity-safe operational infrastructure for overwhelmed minds.

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Close when you're ready — softness is the goal