

Too many tabs *open*.

CAPACITY-SAFE OPERATIONAL INFRASTRUCTURE FOR OVERWHELMED MINDS.
The system adjusts to the human — not the other way around.
This is a decompression sequence — not a workbook. One quiet page at a time.
You can go slowly. Skip pages. Return later. Partial counts.

CALMFLOW · LOW CAPACITY OS

The Six-Page CalmFlow Reset

A capacity-safe recovery route — enter through the state your system is in.

HOW TO USE

- 1. Do not start by asking what you "should" do.
- 2. Start by noticing what your system can actually hold.
- 3. Choose the page that matches your capacity state.
- 4. Stop as soon as pressure lowers.
- 5. Returning later does not mean starting over.

START WHERE YOUR CAPACITY IS

<i>If your brain is loud</i>	Offload first
<i>If your body feels frozen</i>	Safety first
<i>If everything feels urgent</i>	Simplify first
<i>If you cannot restart</i>	One Safe Step
<i>If you are done</i>	Rest is the system working

Turn the page when you know which state matches

You're not failing.

You're overloaded — not broken.

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

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

GENTLE GUIDANCE

You are safe here

This is a decompression sequence — not a workbook. One quiet page at a time.



No judgment



You don't have to fix everything today



We'll figure it out together — gently

Stay on this page until your body feels slightly softer

No streaks. No scores. No catching up.

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

This page holds the load for you.

Let the noise land here.



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

No order. No complete sentences. No need to
finish.

♡ FEELS LIKE: *A place to put it down*

Stop when your chest feels slightly lighter

You don't have to finish.

Reduce the operating surface.

We're not optimizing your life. We're reducing what your system must hold.

A gentle filter — not a to-do list.



*The only things that need your
attention right now*

Three is the max. Fewer is better.



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

Everything else can wait. That's allowed.

Done is when pressure lowers — not when the list is perfect.

Find the safest reentry point.

Not the most impressive step.

Not the most productive step — the lowest-threat return.



One thing my body might allow

Small. Low threat. No prep required.



FEELS LIKE: *A soft yes, not pressure*

Partial counts. Rest counts. Attempt counts.

You are allowed to move at the speed of your life.



Take a slow breath

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 is built from the same Capacity-Safe Design logic: the system adjusts to the human, not the other way around.

- No account, email, or tracking required
- Nervous-system-safe support stays inside the product — Capacity-Safe is the architecture

Nothing here expires.

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

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