

Nothing is required

A BODY-FIRST REENTRY KIT FOR FREEZE, NUMBNESS, DISAPPEARING, AND CAN'T-START DAYS.
Shutdown is capacity protection, not failure.

This system will not ask you to perform being okay.

One quiet page at a time. Skip, stop, or return later. No catch-up required.

CALMFLOW · SHUTDOWN RECOVERY OS

For freeze and numb

Body-first reentry — not a task restart system.

HOW TO USE

1. Do not try to finish this kit.
2. Pick the route that matches your state.
3. Start with the body before the task.
4. Stop when you feel slightly more here.
5. Rest is a valid ending.

Shutdown capacity router

Start where your system is. Open one page. Stop when enough.

HOW DOES IT FEEL RIGHT NOW?

I feel numb

→ **NEUTRAL SENSATION ROUTE (P. 9)**

I can't start

→ **NO-TASK REENTRY (P. 12)**

My body feels heavy

→ **BODY-FIRST ANCHOR (P. 8)**

I disappeared and feel ashamed

→ **NO-CATCH-UP RETURN (P. 14)**

Everything feels far away

→ **GENTLE RECONNECTION (P. 11)**

I need no words

→ **NO-WORDS ROUTE (P. 10)**

I cannot do anything

→ **HOLD SPACE ONLY (P. 18)**

No wrong door. Stopping here counts.

Go to your page when ready

CalmFlow
Shutdown Recovery OS

For freeze, numbness, and can't-start days.

ARRIVE

What this is not

NOT A DEMAND TO RETURN TO NORMAL.

WHAT THIS IS NOT

- Not therapy, diagnosis, or medical advice
- Not crisis support
- Not a planner or productivity reset
- Not a habit tracker or "get back on track" system
- Not a place where disappearing becomes failure

NOT

Shutdown is not laziness.

Shutdown means your system hit capacity.

Your body may have protected you by going quiet, numb, heavy, blank, or far away.

That does not make you broken. That does not mean you failed.

You do not owe the world a comeback today. This kit starts with presence — before tasks.

GENTLE GUIDANCE

Capacity protection

The nervous system chose less demand when more would have cost too much.



You are safe here

Stay here as long as you need

Turn when slightly more here — or not at all.

What not to do in shutdown

GENTLE STEPS

Body-first reentry

- Do not open the whole backlog
- Do not make a full plan
- Do not shame yourself into motion
- Do not ask your brain to explain everything
- Do not measure today against regulated-you
- Do not confuse stillness with failure

You may have been told

"Get up." "Stop being dramatic." "You can't just shut down." "Push through."

"Everyone is tired." "You need discipline." "You're avoiding responsibility."

Maybe your system is not refusing life — maybe it is protecting you from more demand than it can safely process.



Shutdown is protection



Not failure



Nothing required yet

Body-first orientation

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

Neutral Sensation Route

Choose one. Write one word only if words are available. Blank is allowed.

	Something I see
	Something I hear
 Something touching my body	
 A temperature I notice	
 A surface under me	
	A color in the room

One neutral thing — or stop

No words required

Mark one. That is enough data.

☐		☐	I am here
☐		☐	I am not fully here
☐		☐	I feel far away
☐		☐	I feel blank
☐		☐	I feel heavy
☐		☐	I do not know

Everything feels far away

Do not chase yourself. Let the room come to you slowly.



One line each — or blank

One neutral object · One sound · One surface ·
One breath · One thing not asking anything of
you

Stop when the room feels slightly nearer

I can't start

If you cannot start, do not start with a task. This is reentry — not productivity.

GENTLE STEPS

Body-first reentry

- Sit up slightly
- Put both feet down
- Drink water
- Open a curtain
- Touch a blanket
- Look at one object
- Rest again

One neutral restart

Only if your body has slightly returned. Choose none if none is safest.

GENTLE STEPS

Body-first reentry

- Open the app / notebook / room
- Put one object where it belongs
- Read the last note
- Send one "I need more time" message
- Drink water
- Stand up for 10 seconds
- Stop here

I disappeared and feel ashamed

You are not starting over. You paused. You froze. You survived a state.

Coming back does not require punishment, backlog ritual, or explaining yourself to this page.



Safety first — no task



Body first — one grounding cue



Message first — one gentle script



Rest first — close the kit

Pick one door — or none

No catch-up.

Do not repay the system for being gone.

Do not open every missed task.

Do not punish yourself with a giant reset.

Return is the step.



You are safe here

CalmFlow
Shutdown Recovery OS

For freeze, numbness, and can't-start days.



AI PROMPT

GENTLE RETURN SCRIPTS

Copy if needed. Or skip entirely.

"I've been offline and I'm coming back slowly. I'm not able to explain everything right now. I'll respond when I can."

Or:

"I'm not ignoring this. I'm low capacity and need more time."

Using a script is optional. Silence is allowed.

No catch-up required

Rest after reentry

Even if you only unclenched, breathed, named one object, or opened this page — your system did work.

Rest after reentry is not regression. It is protection.



Reentry uses energy



Stopping counts



Rest is allowed

You did enough for this round

Hold Space Only

This page asks nothing.

No writing. No choosing. No fixing. No next step.

Stay here. Breathe if breathing is available. Look away if reading is too much.

Nothing is required from you.



You are safe here

AI support rules

Use AI only if it reduces demand.

No task lists. No life plans. No productivity advice.

One prompt. One body-first cycle. Then stop.



Body first



No plan



Permission to stop



SHUTDOWN RECOVERY PROMPT

Copy the box. Paste into your AI tool. One cycle — then stop.

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 body-first (one line each): unclench jaw/shoulders · slow breath, longer exhale · feet on floor ~10 sec · one neutral thing I see (not a task)
3. End with: "You can begin again — softly." and permission to stop.

If I'm stuck, one gentler alternative only — no planning.

Rules: short lines, no shame, no catch-up, no new tasks.

Stop when your body feels slightly more here — or you want to rest.

You did enough for this round.

You do not have to feel better for this to count.

You do not have to restart your life today.

You do not have to make up for lost time.

Return to the page that matches your state. Nothing expires.

REMEMBER

- *Shutdown is capacity protection, not failure.*
- *No task is also a valid ending.*
- *Rest is allowed.*

CALMFLOW · SHUTDOWN RECOVERY OS

Eight bounded AI systems in the prompt pack — copy, paste, stop.

- Shutdown Recovery Pack (this PDF)
- AI Prompt Pack
- Minimal Notion OS

Nothing here expires. No catch-up.

by Whelmish · Body-first reentry for freeze, numbness, disappearing, and can't-start days.

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