

Low Capacity OS**Low Capacity Recovery Kit***Operational relief for whatever your bandwidth.*

ARRIVE

Too many tabs *open*.

BUILT AROUND CAPACITY-SAFE DESIGN PRINCIPLES. OPERATIONAL RELIEF FOR WHATEVER YOUR BANDWIDTH.

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

Six quiet pages. Skip, stop, or return later — partial counts.

LOW CAPACITY OS

Low Capacity Recovery Kit

Printable emotional-operational relief — the kit can hold the noise while you don't have to.

HOW TO USE

1. Nothing is required to open this kit.
2. Safety is next.
3. After that: one optional writing space, one optional step, and a close.
4. Stop whenever enough. Returning later is not starting over.

NOTHING RIGHT NOW?

Nothing required.

No sorting. No writing. No decision. No next step.

Close this kit if that is all you can hold. It counts.

The next page can wait until you are ready

Nothing to prove here

Capacity is limited right now. You do not have to explain why.

This kit can get smaller with you.

No task is required.

GENTLE GUIDANCE

Nothing on this page requires action

A quiet page first. Everything after it is optional.



No judgment



No fixing required today



Stop at any point — stopping counts

NEED A PERSON INSTEAD?

This kit can wait.

A trusted person, a healthcare or mental-health professional, a caregiver or support person, workplace or school support, a legal or financial professional — or emergency/crisis support if there is immediate danger.

You do not have to finish this kit first.

Stay as long as you need

Nothing on this page requires action.

Put it down here — the page can hold it.

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 whenever enough

You don't have to finish. You don't have to feel better for this to count.

One Thing I Already Know Matters Today — Optional

This page gives the load a smaller surface.

One thing — or none. None is valid.

GENTLE GUIDANCE

If you want to label it — optional

Known today · known later · needs human or professional judgment · leave unsorted. This page does not decide real-world urgency — labels are only what you already know.

One thing I already know matters today — or none

One is enough. None is enough.

One Bounded Step — or None

Small. Reversible. No prep required.

Skipping it entirely also counts.

○

One thing I might be able to do

One small, reversible step if useful — or rest.

○ FEELS LIKE: A soft yes, not pressure

Partial counts. Rest counts. None counts.

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

Optional: one slow breath

Rest is allowed. You can come back gently.

Rest is not a reward.

Stopping here is not quitting.

Return has no catch-up.

REMEMBER

- *You don't have to do everything.*
- *Partial counts.*
- *Rest is part of the system.*
- *Return whenever you want.*

CLOSE THE LOOP

This session is complete whenever you are

No streaks. No failure state. Return whenever you want. Nothing to catch up. This kit does not expire. Real-world obligations keep their actual timelines.

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Close whenever you want — stopping is enough