

**Shutdown Recovery OS****Shutdown Recovery Pack***Operational relief for whatever your bandwidth.*

ARRIVE

## Nothing is *required*.

A LOW-DEMAND PLACE TO PAUSE, ORIENT, OR DO NOTHING — FOR FREEZE, NUMBNESS, BLANKNESS, HEAVINESS, FEELING FAR AWAY, OR CAN'T-START MOMENTS.

No breathing exercise. No grounding. No writing. No choosing. No restart.

You can close this kit.

This kit does not diagnose why shutdown is happening.

### SHUTDOWN RECOVERY OS

## For freeze, numb, and far away

Body-first reentry — not a task restart system.

### IF YOU WANT A DOOR — ALL OPTIONAL

1. Need a person? The next page lists human and medical support.
2. Have room for one neutral thing? It comes after Safety.
3. Everything else in this kit is optional.
4. Stop whenever enough — nothing has to feel different.
5. Rest is a valid ending.

# More demand may not be useful right now.

*If you feel shut down, numb, heavy, blank, frozen, or far away — this kit offers a low-demand place to pause, orient, or do nothing.*

Nothing on this page requires action.

One possible framing is that the system reduced demand to protect capacity — but this kit does not claim to know why this is happening for you.

## GENTLE GUIDANCE

**Lower demand may be more workable right now**

Skip anything. Every page after this one is optional.



Nothing on this page requires action.

## IF THIS NEEDS A PERSON, NOT A PAGE

New, severe, medically concerning, or dangerous — use a healthcare, professional, or emergency pathway. The kit can wait.

**Stay here as long as you need**

# One neutral orientation

*Choose ONE only if it feels useful and accessible — or none.*

No progression. Nothing to complete.

Options: notice one support surface · one neutral object or color · one sound · let one natural breath happen without changing it · contact with clothing, blanket, or chair.



♥ FEELS LIKE: *One neutral thing — or blank*

If none fit, choose none

# Welcome back

*Nothing to catch up.*

You do not have to explain the time away.



*If one real-world item already  
clearly needs attention, you may  
write one — otherwise leave this  
blank*

Unsure whether something is urgent? Use the  
appropriate person or professional rather than  
this page.

♡ FEELS LIKE: *One item max — blank is complete*

**Return without apology**

# One Optional Bridge

*Only if you deliberately want one small bridge toward something outside this kit.*

Nothing is also complete.



## *Options — or none*

Open the thing without acting · look at the last  
note · send a short request for more time, if  
appropriate · place one object nearby · nothing

♥ FEELS LIKE: *A bridge is allowed, not required*

**Not a to-do — an optional bridge**

# This round can end here.

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

Nothing to catch up in this kit.

Return whenever you want.

## REMEMBER

- *No performance is required here.*
- *Rest is a valid ending.*
- *This kit can wait — real-world responsibilities keep their own timelines.*

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