

OSH PROTOCOL 001

SYSTEM MAINTENANCE FOR THE MIND

TAPAS



STEP-01 : IDENTIFY THE HAZARD (THE LEAK)

In OSH, you cannot fix a hazard you haven't labeled. Identify the #1 source of "mental overheating" in your routine right now.

- IS IT THE NEWS?
- IS IT TOXIC MEETINGS?
- IS IT THE PHONE IN THE BEDROOM?

ACTION:

NAME THE LEAK.



STEP-02: INSTALL THE GUARDRAIL (THE FRICTION)

A guardrail prevents the crash. Set one non-negotiable hard limit this month.

Example:

Phone in Airplane Mode at 8:00 PM.

Note:

It will feel uncomfortable. That friction is the heat (Agni) burning off the addiction. Let it burn.



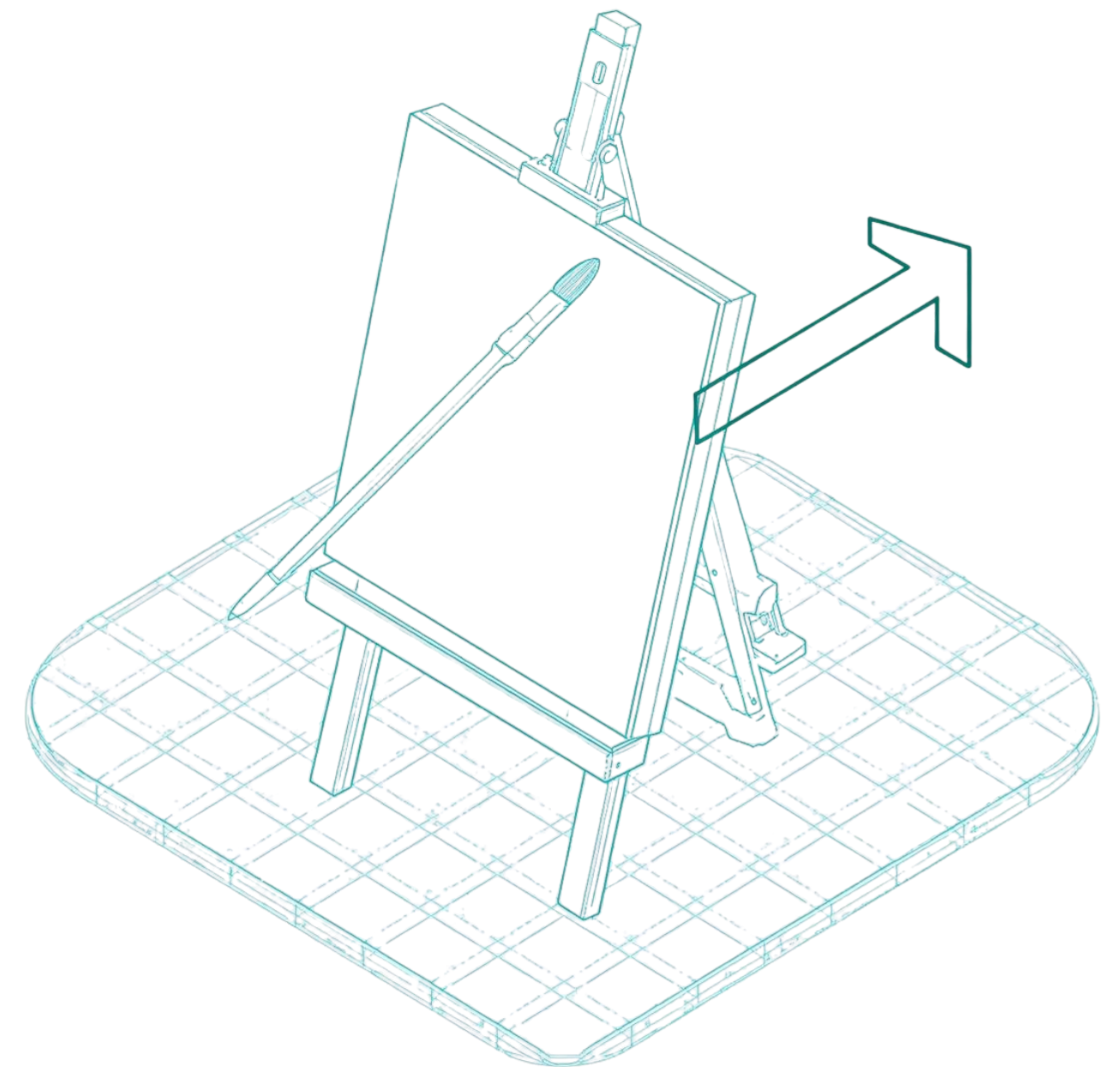
STEP-03 : THE SYSTEM RESET (ETHER ELEMENT)

You cannot run machinery 24/7. You must power down to cool off.

Action: 20 Minutes of absolute silence daily.

- **No inputs.**
- **No music.**

This is the only way to reset the vagus nerve.



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