

THE GENTLE 3-DAY

Home Refresh

RECLAIM YOUR SPACE WITHOUT
TRIGGERING A FLARE-UP

**3 SIMPLE SHIFTS
FOR AN ENERGY MINDFUL HOME**



COZY HOME
METHOD

Reset your home. Elevate your life.

A Guide for Women with Hashimoto's, EBV, & Chronic Fatigue

WHY THIS WORKS FOR YOU

Traditional cleaning checklists are energy traps. They ask for a "weekend marathon" of deep cleaning that often leads to a physical crash.

If you are living with **Hashimoto's, EBV, or chronic fatigue**, you don't need a 47-item checklist. You need **Sensory Relief**—a way to lower the "visual noise" in your home so your nervous system can finally rest.

The Truth About the "Shuffling" Cycle

When your home is cluttered, deep cleaning feels impossible because you end up just moving piles from one spot to another. That isn't cleaning—that's shuffling—and it wastes the precious energy you need for your health and your life.

If you've tried to "push through" before only to find yourself back at square one, know this: The system is broken, not you.

Here's the truth: **it's not your fault.** The system itself is broken.

A New Way: Home Alignment:

To stop the cycle, you need a framework that aligns your household tasks with your actual level of energy. I call this Home Alignment™.

This **3-Day Home-Refresh** is designed to give you a taste of that alignment. You're not deep cleaning. You're making three strategic shifts that refresh both your home and your energy, proving there's a better way:

Energy-First: No heavy lifting or "shuffling" piles.

Micro-Wins: Strategic shifts that refresh your space in under 20 minutes.

Biological Support: Lowering your cortisol by clearing the paths your eyes and body travel every day.

We are moving away from "cleaning" and toward Energy Preservation. By making small, intentional shifts, you create a home that supports your healing rather than adds to your burden.

DAY 1: LET DAYLIGHT IN

When you are managing a chronic illness, your environment directly impacts your internal state. Natural light is more than just "decor"—it is a biological tool that helps regulate your mood, sleep cycles, and energy levels.

Today, we aren't cleaning; we are simply opening up the home to let that brightness support your healing.

What to do:

1. Open the curtains: Open every blind and curtain in your home. If energy is low, just do the room you are currently in.
2. The "One Window" Wipe: Pick the one window you look through most often. Give it a quick, gentle wipe.
3. Notice the Shift - Sit for a moment: How much brighter does everything feel? Notice how the extra light changes the "weight" of the room.

Why this works for Energy Depletion:

More daylight shifts your mood and energy. One clean window maximizes that natural light, creating a point of brightness that makes your whole room feel renewed without requiring a weekend of labor.

It also lets you see your home with fresh eyes.

Don't worry if the light exposes clutter you haven't had the energy to deal with yet. We are just gathering awareness today. You are creating a clear view to help shift the atmosphere from "heavy" to "healing".

We'll address it in Day 2. The truth is, you can only improve what you can see and are aware of. Light helps you see clearly, and that's the first step toward real change. You're not trying to clean every window. You're working with the longer days to create one clear view that shifts the entire atmosphere.

Bonus: If you have energy, wipe or dust one light fixture. The difference is remarkable.

Time needed: 5-15 minutes

DAY 2: CLEAR THE “STAGNANT” CLUTTER

In times of low energy, things naturally pile up. Whether it's mail from previous months, laundry, or items that simply never made it back to their homes, these objects become "visual weight" that drains your mental battery. Today, we are going to lighten the load on your home and your eyes.

What to do:

1. **The "Energy-Saving" Walk:** Grab a basket. Walk slowly through your home and collect items that are adding visual weight.
2. **Gather, Don't Sort:** Don't worry about finding a permanent home for these yet. Just gather them in one spot to remove the visual noise from your main living areas.
3. **The 10-Minute Rule:** If you have the energy, put away what you can in 10 minutes. If not, let the basket sit. The win is getting the "heaviness" out of your sight.

Why this works for Energy Depletion:

You aren't trying to organize your entire house. You are using the **Basket Strategy** to remove the obvious excess that accumulated while you were resting. By gathering these items into one spot, you gain immediate "Sensory Space," making your rooms feel lighter without a weekend of physical labor.

Low-Energy Modification: If walking through the house is too much today, stay in one room. Use your basket to collect the three "heaviest" items in that space and move them out of your direct line of sight.

Why this works:

You're not organizing your entire house. You're removing the obvious excess that accumulated over time so you can see your space clearly again.

Time needed: 20 minutes

DAY 3: REFRESH ONE KEY SURFACE

Today is about creating a "Pocket of Calm." In a home that feels overwhelming, having one completely clear, clean surface acts as a visual reset for your nervous system.

Pick your most-used surface:

Select one: kitchen counter, dining table, bathroom vanity, or entryway table.

What to do:

1. **Clear everything off completely:** Move everything off the surface. If you are short on energy, move items to a "Decide Later" box rather than trying to find a home for each one right now.
2. **The Gentle Wipe:** Wipe it clean (just water and a cloth)
3. **Essential Return Only:** Put back only what belongs there - items you use daily in that exact spot
4. **Add Life:** If you have the energy, add one small thing that makes you smile—a plant, a bowl of fruit, or a single flower

Why this works for Energy Depletion:

One clear surface is visual proof that a calm home is possible without exhausting yourself. It provides a dedicated space where your eyes can rest, lowering the mental noise that often accompanies chronic illness. This single clear surface acts as a visual reset for your nervous system.

Use a "Decide Later" box for any items that feel too heavy to process right now; this allows you to enjoy the mental relief of a clear space today while saving the decision-making for a day when your brain fog has lifted.

Low-Energy Modification: Do this while seated. Have a family member clear the items into a box for you, then you can do the "Gentle Wipe" and decide what stays.

Time needed: 15 minutes

WHAT YOU JUST CREATED

In three days—and with less than an hour of total physical effort—you have fundamentally shifted the environment you live in:

1. **Brought light** into your space to support your mood and biological rhythms.
2. **Removed the visual weight** of clutter using the Basket Strategy.
3. **Created a "Pocket of Calm"** on one clear surface to give your nervous system a place to rest.
4. **Transformed the energy** of your home from "heavy" to "healing."

Why This Feels Different

Traditional home organization focuses on the mess; the **Cozy Home Method™** focuses on your energy. You successfully practiced what I call Home Alignment—aligning your home tasks to your level of energy, and most importantly, without exhausting yourself.

You made strategic shifts that address the root cause of overwhelm. By choosing "Micro-Wins" over "Marathons," you have proven that you can improve your home without compromising your health.

The Healing Path Forward

Protecting Your Energy: Think of your home as a battery charger. If the space is cluttered, it is constantly "taxing" your energy. Now that you've seen how a few small shifts can create relief, imagine a home that stays this way year-round—even during a flare-up.

A Note on Pacing

If you only completed one of these days, you are still successful. In a life with chronic illness, we celebrate what we can do. You have taken the first step toward a home that finally works for you.

WHAT COMES NEXT

What Comes Next: From a Refresh to a Lifestyle

The 3-Day Refresh is a powerful "reset," but we both know that life—and flare-ups—happen.

To keep your home from sliding back into the "shuffling cycle," you need a framework that aligns your tasks with your actual level of energy.

This is why I created **The Cozy Home Method™**.

When you have gentle systems that maintain the flow of your home, there is no buildup of clutter to clear and no "heavy" feeling to shake off. Your home stops being a source of stress and starts being a place where you actually recover .

Imagine a home that supports your healing:

- No more "Cleaning Marathons" that leave you bedbound or exhausted for days.
- A home that stays calm and light, even when you are going through a flare-up.
- Mornings that start with ease because your environment isn't screaming for your attention.
- Walking in the door and feeling your cortisol drop because you are finally in your sanctuary.

This 3-day refresh proved that you can change your environment without overextending your physical limits. **The Cozy Home Method™** shows you how to make that peace permanent—not through rigid routines, but through simple practices that respect your actual energy levels.

You've already started the work. Let's make it permanent.

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