

JUST BE YOU

The Calm Home Starter Kit

Small resets for a calmer mind, a calmer home, and a calmer
day — starting today, in minutes.

with Muskan ♥

START HERE

Calm is not a luxury — it's a foundation.

So much of our stress isn't one big thing — it's the constant hum of *too much*: too much noise in our heads, too much clutter in our spaces, too much packed into our days. You don't fix that by doing more. You soften it, one small reset at a time. Here are three to begin with today.

for a calmer mind

The 2-Minute Brain Dump

When your head feels loud, set a timer for two minutes and write down everything swirling around — no order, no editing. You're not solving it, you're emptying it. Calm doesn't come from doing more; it comes from making space.

for a calmer home

The One-Surface Reset

Don't tidy the whole room — pick *one* surface (a nightstand, the kitchen counter) and clear only that. A single calm surface tells your brain "this space is safe to rest in." Calm at home starts with one square foot, not the whole house.

for a calmer day

The Soft Landing

Choose one gentle thing to end your day on purpose — a candle, three slow breaths, one line in a journal. A calm evening is what makes a calm tomorrow possible.

Room by room, gently.

Your space shapes your mind. A calm, intentional home lets your nervous system exhale — no renovation required. Pick one room, tick a few small things, and let it feel lighter.

• The Entryway

- ☐ Clear one flat surface by the door — keys and post have a home, not a pile.
- ☐ Add one soft thing your eye lands on first: a plant, a candle, a photo.
- ☐ Remove anything that doesn't belong to "arriving" or "leaving."

• The Living Room

- ☐ Choose one calm focal point and let the room breathe around it.
- ☐ Give every remote, cable, and charger a small basket or drawer.
- ☐ Swap one harsh overhead light for a soft, warm lamp.
- ☐ Keep only what you love or use on open shelves — clear the rest.

• The Kitchen

- ☐ Clear the counter to just 2–3 things you use daily.
- ☐ Create one "landing zone" for the day's clutter, emptied each night.
- ☐ Front the cupboard you open most — make the calm choice the easy one.

• The Bedroom

- ☐ Keep the nightstand to three things: light, water, one calm object.
- ☐ Move the laundry chair — a clear bedroom is a clearer mind at night.
- ☐ Choose calm, low colours for the first and last thing you see each day.
- ☐ Give screens a home outside the room, or at least across it.

• The Bathroom

- ☐ Clear the sink surround to only what you reach for every morning.
- ☐ Fold and stack towels the same way — small order, daily calm.
- ☐ Add one softening touch: a scent, a plant, warmer light.

• One Calm Corner

- ☐ Claim one small spot — a chair, a windowsill — as yours.
- ☐ Keep it clear and gentle: a book, a blanket, nothing to "do."
- ☐ Let it be the place you go to pause, not to be productive.

Tick what you can. Leave the rest. Calm is a direction, not a finish line.

Keep it, gently.

A calm home isn't made once — it's kept in small moments. If you remember only one thing from this kit, let it be this:

Return to one small reset

Each day, come back to just one — empty your mind, clear one surface, or land softly into the evening. One gentle thing, repeated, is how calm becomes a home you live in.

Your calmer mind, your calmer home, and your calmer day all belong together — and they all start small.

Ready for more calm?

If this helped, my books go deeper — on calm ADHD-friendly minds, intentional homes, and gentler days. Come explore them at justbeyou-online.com.

With warmth, Muskan ♥