



## Profile

The Gentle Art of Swedish Death Cleaning



# Janessa Tomberlin

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Reference ID #2ef12d076e467b08

Tags

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## Submission Details

**The Gentle Art of Swedish Death Cleaning**

Submitted on May 07, 2023, 07:06PM

1 **Are you nominating someone for this (NOMINATOR) or are applying to be considered yourself (HERO)?**  
HERO

2 **First Name**  
Janessa

3 **Last Name**  
Tomberlin

4 **Email**  
[janessa.tomberlin@gmail.com](mailto:janessa.tomberlin@gmail.com)

5 **Phone Number**  
5125455870

6 **City**  
Austin

7

State  
Texas

**IF YOU ARE NOMINATING SOMEONE, please tell us the following about that person: NAME CITY of residence STATE of residence EMAIL PHONE**

8

N/A

**Please give us a short bio about yourself (or the person you are nominating). Include occupation, family life, and hobbies.**

9

We are a family of three. Jessica and I (Janessa) have been married for 5.5 years and have a 12, almost 13 year old daughter, and we live in Austin, TX. I am a real estate agent, and my wife Jessica is a professional baker. We have four rather demanding pets that take up a good bit of our energy, and have collected somewhere in the neighborhood of 500 plants (we may have a slight problem). We are super involved at our daughter's school...I'm PTA President, Jessica is on the booster board for Molly's theater troupe, and we are both members of the school's Community Advisory Committee. She's a busy kid...she's in theater, plays the oboe and steel drums, and is in dance. She has dreams of becoming a Broadway actress. We are a super busy family and we love each other fiercely.

**Why are you interested in going through the process of Swedish Death Cleaning? (or why is the person you are nominating in need of this process?)**

10

I hadn't heard of this process until I happened across the show on Peacock. I remember how stressful it was to deal with the estates of both my parents and grandparents and I always said I wouldn't leave that situation for my family, but I find myself following the same packrat patterns of my folks. Jessica is still coping with the loss of our bakery. It was her baby, and we have so many remnants of that business filling up a large portion of our garage and a nearby storage unit. Molly is also a big time packrat by nature and has been ever since she was small. The smallest scrap of paper has a meaning and it's hard for her to clean or get rid of things. My wife and I both struggle with depression and anxiety, as does our kiddo, and we often say that we feel like our possessions are crushing us. We want a fresh start and learn how to be more mindful about "things" and how they impact our daily life. Overall, we all need to learn to let go of things, and we want to teach Molly a better way of dealing with the "things" in her life.

**Are you currently in a time of transition in your life? (i.e. - downsizing to a smaller home, recently divorced, newly an empty nester, in your later years and wanting to cleanse your things before you pass on, etc.?) Please explain.**

11

One year ago, I started a real estate business, and nine months ago, my wife closed the bakery that we ran together for nearly ten years. We've both been working nonstop since trying to keep our heads above water financially, but it is taking a toll. Because we work so much and also have a super extracurricularly involved kiddo, we are exhausted and it shows in the level of disarray in our home. I, Janessa, also has a lot of stuff left over from losing my parents about 10 years ago. (Photos, dishes, jewelry, etc). We, and I am probably the worst about it, have a terrible habit of tidying things piling stuff away "to deal with later", and just never deal with it. Every surface of our home is covered in clutter. Our garage is a disaster...our closets are scary. We are very social people by nature, but we never feel like we can entertain because of our home. We feel like we either have to apologize for our space or expend a huge amount of energy to clean it up, then don't enjoy the social time because we are exhausted for the manic cleaning.

**Who is currently living in the home that would be "death cleaned?"**

12 Janessa and Jessica (moms), Molly (daughter), Mac and Sadie (dogs) and Leo and Garfield (cats)

**NOMINATORS ONLY: Please tell us how you know the person you are nominating. (What is the nature of your relationship, how long have you known each other, etc?)**

13 N/A

**What kind of dwelling do you (or the person being nominated) live in?**

14 Single Family Home

**Do you (or the person being nominated) own or rent the property?**

15 RENT

**What is the approximate square footage of the dwelling?**

16 1600

**Is there a move out of this current dwelling anticipated in the next 6 months? Please explain in detail.**

17 No. We just signed a one year lease renewal, but we hope to stay in this house until our daughter goes to college.

**Has this dwelling ever been de-cluttered? Please explain in detail.**

18 No. We've attempted to clean the garage and reorganize the kitchen or closets or the yard, we never get very far.

**Paint us a picture of this current living situation? (i.e. - is it overly cluttered, is it neat as a pin, are there messes hiding behind closed doors?)**

19 It is relatively clean in the living space. We STRUGGLE to keep the kitchen clean and laundry taken care of. The kitchen because Jessica now works from home, baking for farmers markets, and we don't have a pantry. The real areas of shame are the garage and any closet or cupboard you open, and frequently the backyard with all of our plant care supplies. Doesn't help that the dogs tend to destroy things from time to time and we are not super quick to clean up after them. Our house gets deep cleaned once every two weeks by our beloved housekeeper, and in between her visits we are pretty terrible about cleaning up after ourselves. We always preclean before she comes over.

**Please upload a current photo of the EXTERIOR of the house where the death cleaning would take place.**



[Click to enlarge](#)

(download image)

## Eligibility Requirements and Release

21

Agreed on 05-07-2023

If you agree with the release language above, please sign below

22



Janessa Grace Tomberlin

Signed on 05-07-2023

## Privacy Policy

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Agreed on 05-07-2023

## Notes

Notes added here will not show up on deck comments