



THE MESSY MOMENT

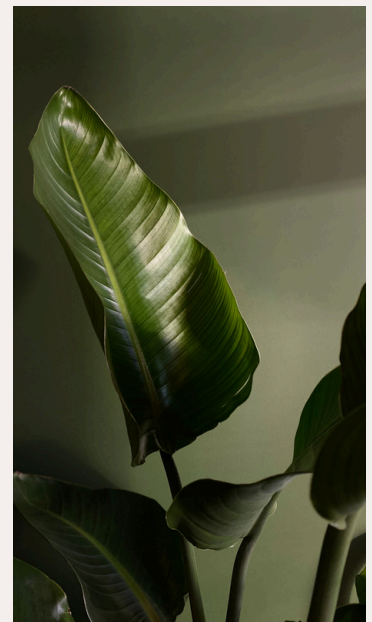
A Note From Your Messy Bun Therapist,

Hey you—just a quick reminder from your friendly therapist that healing isn't linear, neat, or always Instagram-worthy. Some weeks you're growing, some weeks you're just getting by—and both are worth celebrating. Messy Bun Therapy was built with that in mind: a space for women to feel seen in the real, raw, and wildly human moments of life. Whether you're navigating change, burnout, identity, relationships, or just trying to find five minutes of peace—you're not alone in the mess. You're doing better than you think.

Open Spots at Messy Bun Therapy

AUGUST AVAILABILITY IS NOW OPEN
FOR INDIVIDUAL THERAPY SESSIONS

ANXIETY & OVERWHELM
INFERTILITY & POSTPARTUM EXPERIENCES
SEX, RELATIONSHIPS & IDENTITY
LIFE TRANSITIONS + SELF-WORTH



Therapy Thought

☁️ “Sometimes growth looks like rest, setting a boundary, or saying “no” without guilt. ☁️

Healing isn’t about becoming someone new—it’s about returning to yourself. This month, notice the small ways you’re reclaiming your voice, your space, and your softness.



Therapist Picks of the Month

🎧 **Podcast: Call Your Girlfriend** –co-hosted by Aminatou Sow and Ann Friedman. The show highlighted women who are agents, creators, movers, and shakers who have smart, interesting things to say. It also showcased the lived experiences of non-famous women who are just trying to get through the week. CYG was here for every facet of women’s humanity.

📖 **Book: Tiny Beautiful Things** by Cheryl Strayed—A raw, beautiful collection of advice columns that feels like wisdom from your most compassionate friend.

🎵 **Hype Song: “The Man”** – Taylor Swift

On the Blog

✨ [“Sex Is Mental: Understanding the Mind-Body Connection”] ✨
“The truth is, sexual experiences are deeply connected to our mental well-being.”

✨ [“The Power of Naming What You're Feeling”] ✨

Ever find yourself saying, “I don’t even know what I’m feeling—just off”? Same. But here’s the thing—naming your feelings is powerful.

SHARE YOUR MESSY MOMENT

Each month we'll highlight a "Messy Moment"—a truth, win, or lesson submitted by a community member (shared anonymously).

Want to share yours? Respond to this email

“STARTED THERAPY WITH MY SPOUSE TO IMPROVE OUR COMMUNICATION”



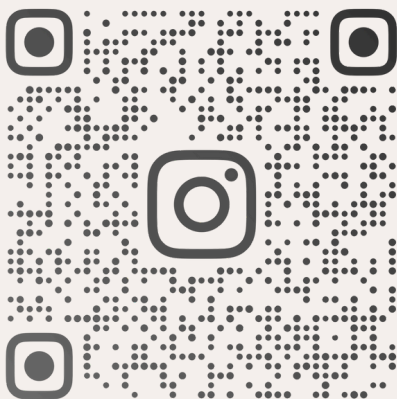
WOMEN-OWNED BUSINESS HIGHLIGHT

✨ PRESENT LIFE PSYCHIATRY ✨

AT PRESENT PSYCHIATRY, WE ARE DEDICATED TO PROVIDING PERSONALIZED, UP-TO-DATE CARE TO HELP YOU RECLAIM CONTROL OF YOUR LIFE. THROUGH A COMBINATION OF MEDICATION MANAGEMENT, SUPPORTIVE PSYCHOTHERAPY, AND HOLISTIC TREATMENT MODALITIES, WE WILL WORK COLLABORATIVELY TO DEVELOP A CUSTOMIZED TREATMENT PLAN AIMED AT REDUCING SYMPTOMS, ENHANCING COPING SKILLS, AND FOSTERING RESILIENCE. OUR GOAL IS TO EMPOWER YOU TO ACHIEVE OPTIMAL WELLNESS THROUGH HOLISTIC METHODS



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MESSYBUNTHERAPY

