



THE MESSY MOMENT

A Note From Your Messy Bun Therapist,

As summer winds down, many of us feel that tug between wanting to soak up the last bits of sun and bracing for the busyness that fall brings. It's a messy time—full of transition, expectations, and often, a whole lot of pressure to "get it together."

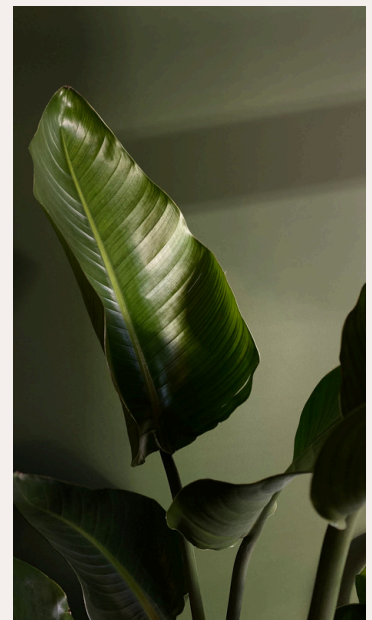
But what if we didn't? What if we gave ourselves permission to not be perfectly productive, joyful, or organized right now? This season, let's lean into grace and acceptance—because your worth isn't tied to how well you juggle it all.

You're allowed to feel overwhelmed. You're allowed to slow down. And you're still doing just fine

Open Spots at Messy Bun Therapy

SEPTEMBER AVAILABILITY IS NOW OPEN
FOR INDIVIDUAL THERAPY SESSIONS

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




Therapist Thought

"☁️ Every season of life teaches us something—summer may fade, but in its place comes the quiet invitation to slow down, reflect, and begin again." ☁️

Lean into the last moments of summer and embrace the time to learn about yourself, connect with friends and family, and set intentions for a new season



Therapist Picks of the Month

 **Podcast: UnF*ck Your Brain-** Kara Loewentheil, a feminist life coach, brings sharp and empowering insights for women dealing with anxiety, self-doubt, and internalized societal messages.

 **Book: Burnout** by Emily & Amelia Nagoski—A survival guide for women on how to break the stress cycle and care for yourself in a sustainable way..

 **Hype Song:** ““Keep Breathing” – Ingrid Michaelson

On the Blog

✨[The Invisible Struggle] ✨

“High-functioning anxiety, especially among women, is often misunderstood, overlooked, and even praised, but that changes now”

✨ [“Post-Baby Intimacy: The Real Talk”] ✨

There is no rush to return to sex. Healing looks different for everyone. Your body has done something profound.

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

"Embracing the 'let them' theory in my relationships"

WOMEN-OWNED BUSINESS HIGHLIGHT

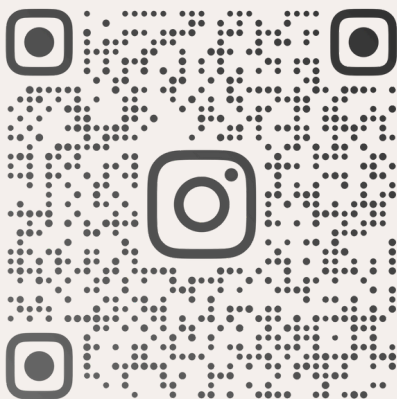
✨ VIBE GYM & WELLNESS ✨

VIBE GYM & WELLNESS ISN'T JUST A PLACE TO WORK OUT—IT'S A POWERFUL COMMUNITY WHERE WOMEN COME TO MOVE, HEAL, AND RISE. LOCATED IN THE HEART OF DENVER, VIBE IS DEDICATED TO CREATING AN INCLUSIVE, EMPOWERING SPACE WHERE STRENGTH IS REDEFINED AND EVERY BODY IS CELEBRATED. WHETHER YOU'RE LIFTING WEIGHTS, STRETCHING INTO SELF-CARE, OR SHOWING UP EXACTLY AS YOU ARE, YOU'LL FIND SUPPORT, SISTERHOOD, AND SERIOUS VIBES HERE.



VIBE.GYM

Stay Connected



MESSYBUNTHERAPY

