



THE MESSY MOMENT

A Note From Your Messy Bun Therapist,

October has crept in, maybe it feels abrupt to you or maybe it eased its way in.

Maybe you're pulling sweaters from the back of the closet. Maybe your calendar isn't as full as it was, but still not enough rest on the horizon. Maybe you're showing up in a messy bun, letting the day be what it is. Wherever you are, this season reminds you: you don't have to hustle to belong here.

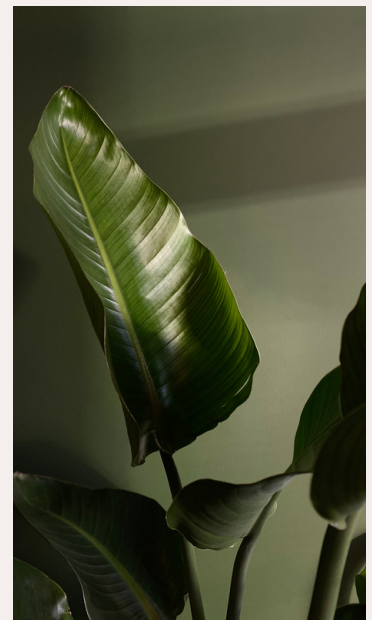
This month, lean into the cozy. Light the candle. Wrap yourself in the blanket. Say no when you need to, and yes only when it feels true.

Productivity can wait — October invites you to sip slower, breathe deeper, and let yourself grow gently, like the trees learning to let go.

Open Spots at Messy Bun Therapy.

NOVEMBER AVAILABILITY IS NOW OPEN
FOR INDIVIDUAL THERAPY SESSIONS.

GROUPS ARE STILL AVAILABLE ONCE
THERE ARE 5 PARTICIPANTS WHO HAVE
REACHED OUT TO EXPRESS INTEREST.



Therapist Thought

"Just because you're carrying it well doesn't mean it's not heavy"

So here's your October permission slip:

Prioritize your time...you don't have to do it all right now

Schedule in intentional rest time

Just because someone asks doesn't mean you have to say "yes"

Drop what needs to be dropped, you can always pick it up again



Therapist Picks of the Month

 **Podcast: Glowing Up (The Glow Up Project)**- A podcast that emphasizes "no BS" chats about navigating your inner world to achieve a real glow-up, featuring raw stories and solo rants about inner challenges

 **Book:**
Women Who Run With the Wolves by Clarissa Pinkola Estés
A deep dive into the archetypal and mythological understanding of women's psyche and power.

 **Hype Song: "Growing Pains" – Alessia Cara**

On the Blog

✨[The Silent Weight of Postpartum Anxiety: The Weird Baby Noises Nobody Warns You About] ✨

"You know what really feeds postpartum anxiety? The noises. The strange, squishy, snorty, grunty, wheezy, alien-like sounds your baby makes 24/7 — especially at night.."

✨ [When Independence Feels Like a Setback] ✨

When your child finally starts becoming more independent, and instead of it being a breath of fresh air it knocks the wind right out of you.

✨ NEW & EXCITING AT MBT ✨

I have made so many incredible connections the last 3 months of being in private practice full time. If you are in Denver or the surrounding areas and are looking for pelvic floor therapy, lactation consultants, postpartum personal training send me a message I know so many awesome women doing incredible work in the perinatal world.



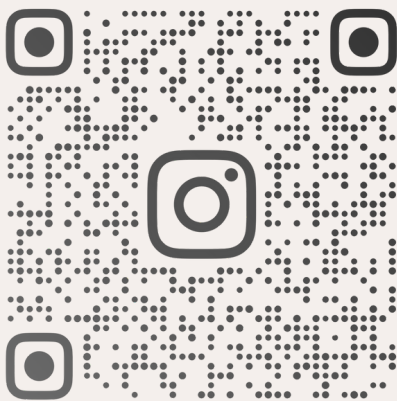
WOMEN-OWNED BUSINESS HIGHLIGHT

✨ HearthFire Bookstore ✨

HearthFire Bookstore is a local, independent bookstore in Evergreen, Colorado. It serves as a community gathering space, formerly including a frozen yogurt shop, to host events, book clubs, and provide a welcoming environment for kids and adults alike. The bookstore is known for its focus on community, local authors, and personalized service, where staff help customers find their next great read.



Stay Connected



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