



# THE MESSY MOMENT

## A Note From Your Messy Bun Therapist,

December can bring a mix of emotions. The holidays arrive with their sparkly expectations, long to-do lists, and familiar pressures and it's normal to feel stretched thin or stirred up by it all. That doesn't mean you're doing anything wrong; it means you're human, moving through a season that carries both weight and meaning.

You can let this month be a reminder that you're allowed to shape the season in a way that supports you. Slow down when your heart asks for it. Choose connection that feels nourishing.

You don't have to meet every expectation to find something beautiful in this time of year. You can hold both the stress and the sweetness. And in doing so, you might notice that hope grows in the gentle spaces you create for yourself.

### ✨I'M MOVING TO A NEW SPACE ✨

UNEXPECTEDLY I AM RELOCATING MY  
PRACTICE BEGINNING JANUARY 6TH,  
2026!

I CAN'T WAIT FOR YOU TO JOIN ME IN  
THIS NEW SPACE AT:  
8089 S LINCOLN ST STE 203 LITTLETON,  
CO, 80122

PLEASE REACH OUT WITH ANY  
QUESTIONS OR CONCERNS ABOUT THIS  
MOVE!




# Therapist Thoughts


***"You don't owe anyone your peace to keep the peace"***

*This idea is especially true during this holiday season when family obligations can feel suffocating. If what you have done in the past doesn't work this year then this year we do things differently. When you think about going to multiple places for the holiday, or flying home for the holiday, or buying gifts...does it bring excitement or do you feel paralyzed with stress? If the answer is the latter then it's okay to protect your peace with setting clear boundaries and expectations for this time of year...even if others don't like it.*



## Therapist Picks of the Month

 **Podcast: Balanced Black Girl**- Hosted by Lestraundra Alfred, this show explores wellness from the perspective of women of color with a focus on self-care and holistic health.

 **Book:**  
**You could make this place beautiful by Maggie Smith**

A memoir exploring the disintegration of her marriage and her journey of rediscovering herself. .

 **Hype Song: "Glitter in the Air" – P!nk**

## On the Blog

✨[What If I Don't Want to Be a Mom? Is That Okay?] ✨

"It's normal to have moments of doubt or even strong certainty that parenting isn't for you. Questioning doesn't make you selfish or "broken." It makes you self-aware"

## ✨ PHRASES FOR HOLIDAY BOUNDARIES ✨

"I hear what you want, but I'm making choices that fit my capacity this holiday season."

"I want to enjoy our time, so I won't engage in conversations that feel hurtful."

"I'm not doing hugs today, but it's good to see you."

"I'm listening to my body, so I'll eat what feels right for me."



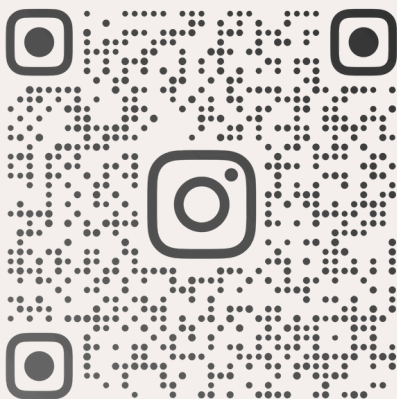
## OPEN SPOTS AT MESSY BUN THERAPY

January availability is now open for individual therapy sessions.

Reminder: I only have a few virtual morning session on 12/22 then will be off for the holiday week



## Stay Connected



MESSYBUNTHERAPY