



THE MESSY MOMENT

A Note From Your Messy Bun Therapist,

January often feels too quiet after all the noise of December.

The decorations come down, the calendar feels wide open, and the energy of the holidays gives way to something more soft. It's common to feel a little disconnected, tired, or unsure of what comes next not because anything is wrong, but because you've just moved through a season that asked a lot of you.

Use this new month to notice what you need now that the rush has passed. Move gently. Set small intentions instead of heavy resolutions. You don't have to have it all figured out in January. You're allowed to arrive slowly to this new year. .

✨ WE ARE IN A NEW SPACE ✨

AS A REMINDER WE HAVE
RELOCATED IN THE NEW YEAR!

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Therapist Thoughts


"It's okay to outgrow things you once dreamed about"

Those dreams were shaped by who you were then and got you to where you are now, but why don't have to remain stagnant. Growth has a way of rearranging your values, your needs, and the stories you tell yourself about what a good life looks like. Letting go isn't failure, it's evidence that you're paying attention to how your life is changing in ways maybe you never thought were possible.

Maybe now is the time to allow yourself to dream differently.



Therapist Picks of the Month

 **Podcast: Terrible Thanks For Asking**- Hosted by Nora McNerny that explores grief, loss, and difficult life experiences by encouraging honest answers to "How are you?"

 **Book:**

Come As You Are by Emily Nagoski:

A science-backed, compassionate look at women's sexuality and what it really means to feel good in your body.

 **Hype Song: "King" – Florence + The Machine**

On the Blog

✨[Supporting Your Mental Health While Struggling with Breastfeeding] ✨

"Breastfeeding is often portrayed as a joyful, natural experience, but if we are being honest the reality can be complicated."

✨ PHRASES FOR HONORING YOUR NEEDS IN THE
NEW YEAR ✨

“I trust myself to adjust as the year unfolds.”

“I’m allowed to start the year where I am, not where I think I
should be.”

“I don’t need a full plan to take the next kind step.”

“My needs are not inconveniences.”

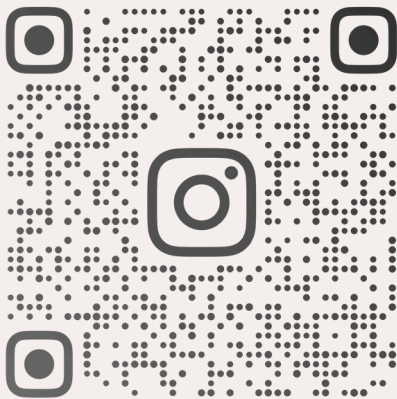
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OPEN SPOTS AT
MESSY BUN THERAPY

January & February availability is now
open for individual therapy sessions.

Stay Connected



MESSYBUNTHERAPY

