



THE MESSY MOMENT

A Note From Your Messy Bun Therapist,

Recent events in the United States have landed heavily, especially for women and marginalized communities who are watching harm unfold in real time while still trying to be present with their family. The difficulty of reading the news then going back to playing dolls is an uncomfortable dichotomy many are feeling right now as ICE and the current administration that continue to threaten safety, dignity, and bodily autonomy. If you're carrying a constant tightness in your chest, struggling to focus, or feeling a renewed sense of vulnerability, your response is not an overreaction. It is a human reaction to systems that too often devalue care, compassion, and lived experience.

In moments like this, community becomes a form of resistance. We hold space here for truth-telling, for naming injustice, and for supporting one another through the weight of it all. You are not alone in your outrage or your heartbreak, and you do not have to be perfectly composed to belong.

✦ ACCEPTING NEW CLIENTS ✦

Messy Bun therapy is accepting clients virtually across Colorado and in person at our new location in Littleton! We have immediate openings to support you.

Use the link above to connect



Therapist Thoughts

"Your nervous system deserves care in the midst of chaos"

Right now it can be hard to escape the chaos when we walk around with computers in our hands. Being informed is important especially with the events of the world changing quickly AND it is important to set limits for yourself regarding where, when, and how often you take in that information. We are not designed to be escalated 24/7, caring for our nervous system allows us to care for others even better.



Therapist Picks of the Month

 **Podcast: The Unladylike hosted by Cristen Conger**, explores modern womanhood, feminism, and culture by dissecting myths, media, and societal norms.

 **Book:**
Invisible Women by Caroline Criado Pérez:
Exposes pervasive bias, showing how the data deficits impacts women's safety, health, and opportunities. Serving as a call to collect more inclusive data for equitable care for everyone

 **Song of the Month: "The Story" – Brandi Carlile**

ONE-MINUTE RELEASE FOR HEAVY DAYS

Plant your feet and notice the ground holding you. Take a slow breath in through your nose. Exhale through your mouth, **longer than the inhale**, as if letting something move out. Place a hand on your body where the tension feels loudest. You don't need to push it away. On each exhale, imagine releasing what is not yours to carry alone. Your care for justice does not require self-abandonment. Let your shoulders drop. Let your jaw soften.

One minute of release is not disengagement, it is how you stay in this work



✨ PHRASES FOR LOVING YOURSELF THIS MONTH ✨

“I don’t need to earn rest...I deserve it.”

“My softness is strength, not a liability.”

“I don’t have to be palatable to be worthy.”

“I honor the woman I am becoming, even when the path feels unclear.”

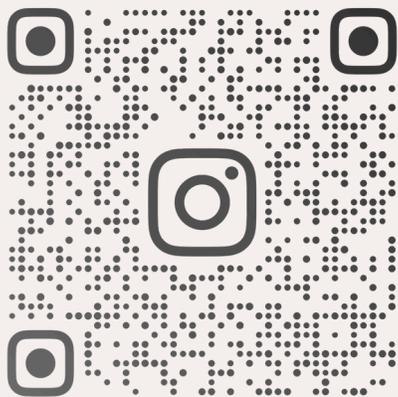
WOMEN OWNED BUSINESS HIGHLIGHT

TAKE CARE MAMA MASSAGE

JANE IS AN EXPERT IN PRENATAL AND POSTPARTUM MASSAGE CARE. SHE IS INTENTIONAL ABOUT SUPPORTING YOU AS YOUR BODY CHANGES THROUGHOUT PREGNANCY AND POSTPARTUM. JANE IS NOT ONLY AN EXCELLENT PROVIDER, SHE IS A MOTHER HERSELF WITH A UNIQUE LENS ON SUPPORTING WOMEN.



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