



THE MESSY MOMENT

A Note From Your Messy Bun Therapist,

Ooops! Sorry for the missed month everyone! Sometimes I try to write these in advance, but March came and went before I realized no newsletter went out to you!

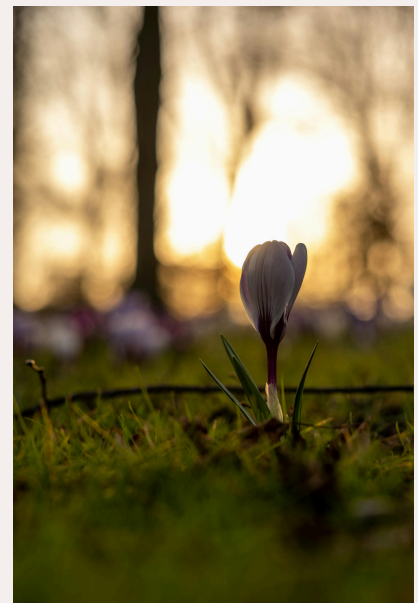
Here we are in April and the start of a new season. There's something quietly hopeful about the start of spring. The days stretch a little longer, the sun lingers a bit more, and even subtle warmth can feel like a gentle nudge back toward yourself. For many, this shift brings a lift in mood, more energy, and a renewed sense of possibility. And at the same time, spring can carry an unspoken pressure...the urge to be more social, more productive, to "make the most" of the season.

If you're noticing both, a pull toward lightness and a weight of expectation, you're not doing it wrong. You're human. It's okay if your version of spring is slower, quieter, or more intentional than what you see around you

✦ ACCEPTING NEW CLIENTS ✦

Messy Bun Therapy is getting more busy, but I am still accepting a few more new clients this month. I offer both virtual across all of CO and in person at my office in Littleton.

Use the link above to connect




Therapist Thoughts

"Saying "no" is a full sentence and a powerful one"

Spring time can bring an expectation of "yes" and while enjoying nature's relief from the cold and gloom can be beneficial for your mental health, it is not a requirement. Whether it's saying no to plans with a friend, saying no to a family gathering, saying no to buying another box of girl scout cookies (IYKYK), saying "no" and nothing else is something we are all allowed to do with no explanation. If it feels hard, start small and see how it feels to just say "no".



Therapist Picks of the Month

 **Podcast:** [The Curious Girls Diary Layla London](#)
Go along with Layla as she explores her sexuality as a single woman and maybe embrace a side of yourself that you thought was dormant.

 **Book:**

Radical Acceptance — Tara Brach

Blends mindfulness + psychology to help you release the belief that you're "not enough" and instead meet yourself with compassion.

 **Song of the Month:** "Note To Self" – Alana Springsteen

ONE-MINUTE RELEASE FOR HEAVY DAYS

KINETIC RELEASE

Roll your shoulders front and back for 10 seconds
slowly swing your neck side to side for 10 seconds

Let your body sway naturally for 10 Seconds

Repeat til you feel back in control of your body



✨ PHRASES FOR LOVING YOURSELF THIS MONTH ✨

“I am learning, not failing”

“I trust myself to figure things out”

“I deserve the same kindness I give others.”

“Small wins count especially the invisible ones.”

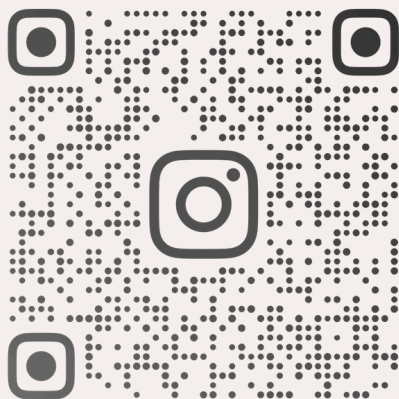
“Progress over perfection. Always.”

WOMEN OWNED BUSINESS HIGHLIGHT

AT GOLD RUSH ESTHETICS IN WASH PARK, YOU'RE NOT JUST ANOTHER NAME ON THE BOOKS, YOU'RE A HUMAN WITH SKIN THAT DESERVES RESPECT (AND RESULTS). STACEY BRINGS 12 YEARS OF EXPERIENCE AND A STRAIGHT-UP HONEST APPROACH. WHETHER YOU NEED A PLACE TO VENT OR JUST WANT 20 QUIET MINUTES TO YOURSELF, YOU'LL WALK OUT SMOOTHER, SEEN, AND GLAD YOU BOOKED.



Stay Connected



MESSYBUNTHERAPY

