

# Xenia Newsletter

## Checking-in

This month is a reminder that caring for your mental health is just as important as your physical well-being. Whether you're thriving, struggling, or somewhere in between, pausing to check in with yourself can help you reconnect, recalibrate, and feel more grounded.

Use these gentle questions to reflect, reset, and recognize what you need right now.

Pause and reflect—how are you, really?

- What feels different in your body or mind now that the seasons are shifting?
- Where have you noticed growth in yourself lately?
- What's something you're currently carrying that you'd like to set down?
- Are you tending to your needs—or just your responsibilities?
- What's one small joy or comfort you can build into your week?

## Nourish Your Mental Health

May is Mental Health awareness month.

Here are some aspects to help you in your journey!

"Rest is not a reward. It's a responsibility."

—Alex Elle

"Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

—Noam Shpancer

# Therapy is not a “one-size-fits-all”

One of the comments I get the most of “out in the wild” is that “Therapy just isn't for me”. I also get “well I just wouldn't know what to talk about”, “I have a hard time opening up”, “I've just never talked about personal things with someone else before”..... and it goes on and on.

I think in this time of learning about all the ways our lives are impacted by mental health, one important thing to learn is that therapy does not look the same for each person. Here are some ways we as therapists work with clients to address their needs in therapy:



## -Using Neurofeedback:

I really like using neurofeedback for kids who are feeling big emotions (anxiety, depression, overwhelm, etc) and don't know how to put that into words. I also love using it with adults who are not used to processing emotions. Adults with specific things like autism and PTSD who are not used to opening up may find this to be helpful as they prepare to eventually work through other things in therapy.



## -Using ART & EMDR:

ART and EMDR are amazing ways to work through complex emotions without having to explain everything going on internally! Especially ART (Accelerated Resolution Therapy), where it deals with more paying attention to body sensations and emotions coming up, and it is less important in that moment to describe the “why” of where they came from.



## -Using Sand Tray

Playing in the sand and finding figurines may sound like just a goof off session, but to be able to talk about things in a fictional, play centered way can feel safer. Adult and children clients benefit with seeing their emotions illustrated in front of the them, and not having to theorize issues.

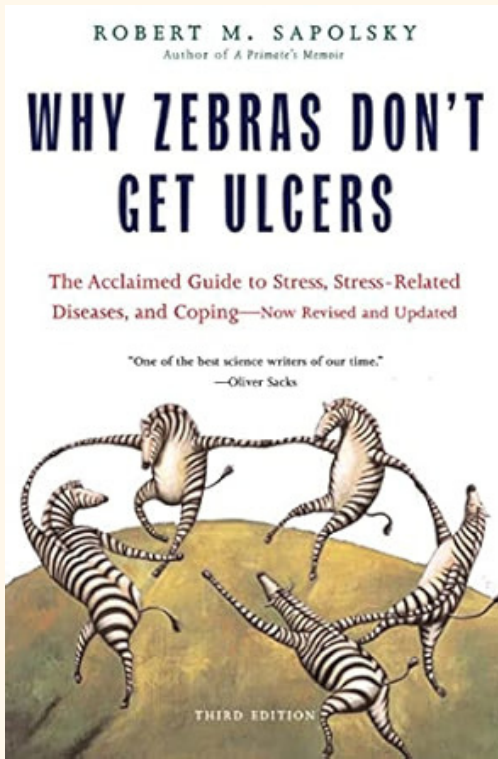
What types of therapy have resonated with you?

What ones look interesting to you?

*-Hailey Maire-Grant LCSW, CST*



# Book Recommendations:



In *Why Zebras Don't Get Ulcers*, neurobiologist Robert Sapolsky explores how the human stress response—designed for short-term survival—can become harmful when chronically activated. While animals like zebras experience acute stress (like fleeing a predator) and then return to baseline, humans often stay in a prolonged state of psychological stress, worrying about finances, relationships, or future events. Sapolsky explains the biological toll this takes on the body, contributing to issues like heart disease, digestive disorders, anxiety, and depression. With a blend of science, humor, and compassion, the book examines how stress affects nearly every system in the body and offers insight into how we can better manage it in modern life.

## Beyond the Basics: How Do You Care for Your Mental Health in Unexpected Ways?

When we think of mental health, therapy and self-care often come to mind—but support can take many quiet, surprising forms.

- Is there a small routine that helps you feel anchored during the day?
- Have you set a boundary recently that felt empowering—even if it was hard?
- What role does creativity, rest, or community play in your mental well-being?
- Is there a “non-traditional” practice—like gardening, game nights, volunteering, or tech detoxing—that helps your mind reset?



This month, consider the subtle, personal ways you care for your mind—maybe they deserve more credit than they get.