

Xenia Newsletter

From the Therapist's Desk

We live in an era where our phones wake us up, our watches track our steps, and even our fridges can talk back. Technology is powerful — it connects us, entertains us, and makes life easier. But constant connectivity also has a cost: increased stress, disrupted sleep, decreased presence, and, for some, emotional reliance on digital interactions over real-life ones.

September is the perfect time to pause, assess, and create mindful boundaries with our devices. Think of it as a “mental decluttering” — making space for what truly nourishes you.

Tech Boundaries

*Here are 4 tech boundaries to help
you identify how to be more
centered!*

- Wake: No phone for the first 30 minutes after waking.
- Work: Batch notifications (3 windows/day).
- Wind-Down: Blue-light off + “Do Not Disturb” 2 hours before bed.
- Weekend: One “off-grid hour” each day (no screens, intentional activity).

Meet our New Therapist!

Now accepting
clients!



Alex Hibbard, ACMHC-Intern

My name is Alex, and I'm originally from Austin, Texas. I am currently pursuing my CMHC degree at RMUoHP. I believe that existence is a unique experience for each person, and that mental health counseling provides one of the most meaningful ways to embrace and enjoy that journey. I am eager to continue learning and growing alongside others in the mental health field.

**Sliding Scale options available

Digital Reset

Want to find a way to be more intentional with your technology? Try this 7 day Digital Reset!

Mon: Audit notifications; turn off non-essential.

Tue: Move most-used apps off the home screen.

Wed: Set app limits for social media.

Thu: Create a "Focus" mode for work blocks.

Fri: Phone-free meals.

Sat: One-hour nature or movement break.

Sun: Bedside charging station outside the bedroom.



Therapist Thoughts:

As I was putting together this quick resource for you all to spark a little inspiration, a few thoughts bubbled up. First off—technology really is amazing. Where else can I double-check my grammar, pull up endless resources, or instantly find articles to share with our community? It's powerful, no doubt.

But here's the catch: the challenge isn't whether tech is good or bad—it's how much I'm depending on it. Am I using it as a tool to support my own thinking and connection? Or am I letting it replace those things? That's the line I keep coming back to—leaning on technology without letting it become the substitute for my own voice, presence, and relationships.

—Hailey Maire-Grant, LCSW, CST