



Xenia

Monthly Newsletter



October

Welcome back to another issue!

We are super excited to share what we have going on!

Mindful Moment

Find a moment for yourself and go along with the exercise below! Often one of the first things we struggle with when we are is our self-kindness. Do this practice to check in on yourself!

Progressive Muscle Relaxation

Lay down in a comfortable area, and while there follow these steps:

- While inhaling, tighten a muscle group one at a time (ex. tighten head and neck, the shoulders and arms, chest, torso, upper thighs, feet) for 5-10 seconds in each area.
- Between moving to the next group, give yourself 10-20 seconds to relax.
- When relaxing, notice the shifts in sensations to the area you just concentrated on. Notice if there is a shift in tension levels, in uncomfortable/relaxed feelings.
- Imagine any stressful energy flowing out of you.
- Continue working on your muscle groups till you work through your whole body.



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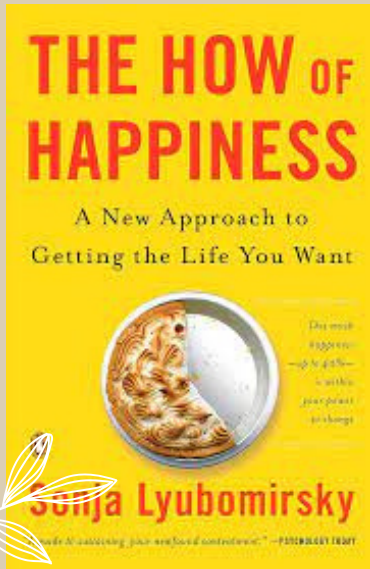
Book of the Month

October's Book of the Month is...

The How of Happiness

A New Approach To Getting The Life You Want

by Sonja Lyubomirsky



This book is, hands down, my favorite therapy book of all time. The book combines my three favorite things: research/assessments, easy to read, and practical, easy to do things. Sonja breaks down what we know through research makes up our happiness and specific things you can do to be happier! There are little quizzes in the book like finding out your subjective happiness, depression as well as a scale for activities to help you know where you might feel more comfortable starting in your journey.

We've recommended a lot of books this year. They have all been excellent, some have been heavy, others have been hard to read. This one is great to pick up and get started with so if you choose one from our list of recommendations, go with this one!

-Taylor Madsen, LMFT-S

Therapy Activity

This month's therapy activity is:

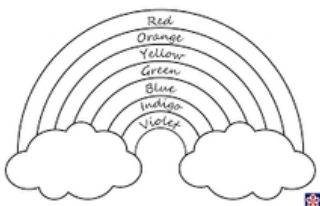
Rainbow Walks

One of the hardest things you can do in a family is to all go complete an activity together. As we have mentioned in the past about the benefits of getting outside, we wanted to give you an activity you and your family can try to help you get out and practice mindfulness together!

In this BEAUTIFUL fall season we have so many colors that come out in nature. This gives us an opportunity to find them.

There are ways to make this more fun for the young and the old, but we will show the basics of what to do.

On a piece of paper make a grid. or draw the outline of a rainbow.



Red	
Orange	
Yellow	
Green	
Blue	
Indigo	
Violet	

Pick a walk around the neighborhood or a Nature Trail. As you are walking have each member of the family try to find leaves, twigs, feathers that correspond with the colors.

When you are done with the walk talk about how your family felt as they were concentrating on finding things in their environment. Ask them if they noticed anything they hadn't noticed before while they were outside.

You can use this activity to also. help pick up around the area. Some families do the rainbow walk during their weekly walk to pick up trash. You can really turn this mindful moment into anything you want it to be!

Email us some examples of your rainbow walk! We would love to see what things you find!

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-HAILEY MAIRE, LCSW

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What do I do if myself or my family feels unwell?

As the seasons change we have noticed that there have been a growing number of confirmed cold, flu, and COVID cases.

We are asking that our therapy community be aware of the measures we will be placing to ensure the safety of the clinicians and clients who come to Xenia Counseling.

We have a number of clinicians with younger families and immunocompromised individuals, as well as clients.

If you are exhibiting signs of cold, flu, or COVID we ask you to do the following:

- Contact your therapist (via email, or text the number below) and let them know when you know you have started to have symptoms.

*If you are 48 hours before your appointment, we will simply cancel the session and we will work with you to reschedule as needed. No fees will be charged.

*If you are within 48 hours of your appointment, we ask that you let the therapist know if you are up to changing the session to online. If you are not up to that we ask you to talk to the therapist. We will work to waive fees for those who are ill and cannot come to the session, or are not well enough to do online therapy.

If you or members of your family are vomiting within 24 hours of your session we ask that you cancel your session.

If there is a confirmed case of COVID in your household we ask that you cancel in-person sessions, and have an option of doing online therapy.

In our offices, we will be working to do sanitation measures between each session.

Masks will eventually be provided outside of the reception doors for those wanting to use them. We request you wear a mask if you are feeling any amount of being unwell, but still are well enough to come to therapy.

If you would prefer to wait in your car before your session, we ask you to let your therapist know. You will need to email them to let them know you have arrived, and they will be able to inform you when their office is cleared for you to come directly in.

If at any point your therapist is unwell and unable to complete sessions, we will work with them to reschedule their sessions. If things prolong we will have our Directors cover any needed therapy.

September Book Review

The Body Keeps The Score

Here are a couple of excerpts I thought were a good highlight of some principles of the book:

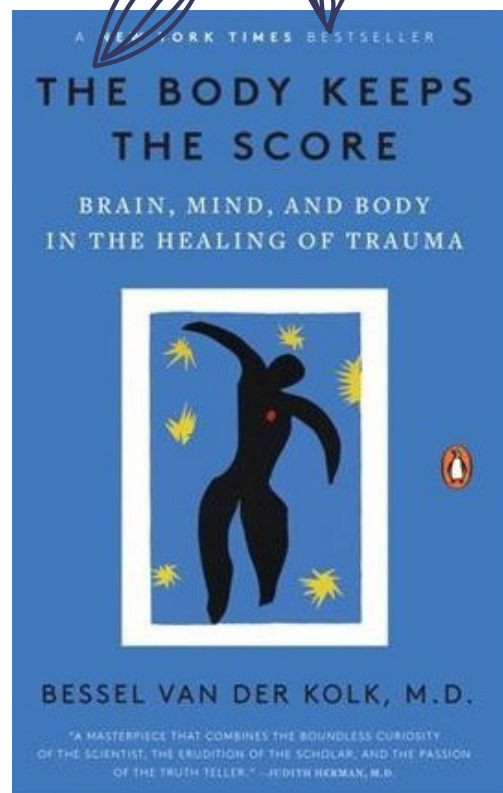
"Social support is not the same as merely being in the presence of others.

The critical issue is reciprocity: being truly heard and seen by the people around us, feeling that we are held in someone else's mind and heart.

For our physiology to calm down, heal, and grow we need a visceral feeling of safety.

No doctor can write a prescription for friendship and love: These are complex and heard-earned capacities.

You don't need a history of trauma to feel self-conscious and even panicked at a party with strangers - but trauma can turn the whole world into a gathering of aliens."



After I saw the wonderful movie March of the Penguins, I found myself thinking about some of my patients.

The penguins are stoic and endearing, and it's tragic to learn how, from time immemorial, they have trudged seventy miles inland from the sea, endured indescribable hardships to reach their breeding grounds, lost numerous viable eggs to exposure, and then, almost starving, dragged themselves back to the ocean.

If penguins had our frontal lobes, they would have used their little floppers to build igloos, devised a better division of labor, and reorganized their food supplies. Many of my patients have survived trauma through tremendous courage and persistence, only to get into the same kinds of trouble over and over again. Trauma has shut down their inner compass and robbed them of the imagination they need to create something better.

-TAYLOR MADSEN, LMFT-S