

Xenia Newsletter



Checking-in

We live in a crazy world, and when we are part of that we feel cut off and notice the need for support from people around us.

We know how hard it is to go through stressors, and we want you to check in with how you are set up for supports. Use these check in questions to see where you could use more support:

Who are the people in my life that make me feel supported and valued?

Reflect on the relationships that bring a sense of security, encouragement, and understanding.

How often do I engage in meaningful conversations with friends, family, or community members?

Consider the depth and frequency of your social interactions and whether they align with your emotional needs.

Do I feel lonely or disconnected at times? If so, what small steps can I take to nurture my social connections?

Acknowledge any feelings of isolation and explore ways to reach out or strengthen existing relationships.

This month we are focusing on Connection, and what ways we can work on that ourselves, and what resources are available.

These include:

- Self Reflection
- Therapy focused on Connection
- Reading materials to help learn more about healthy connection

How do my social interactions impact my mental and emotional well-being?

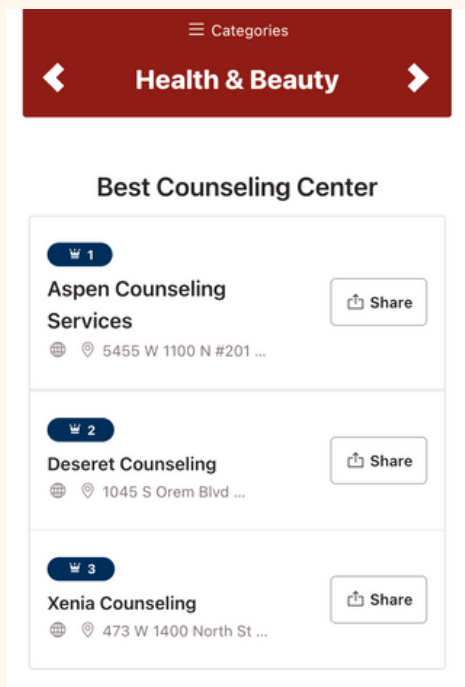
Notice whether your connections bring you joy, stress, or a mix of both, and consider setting boundaries where needed.

What is one intentional way I can prioritize connection this week?

Identify a simple action, like calling a friend, joining a group, or scheduling quality time with a loved one.

Did you know....

Last year we were voted #3 Best Counseling Center in Utah Valley Best Of competition!



AND we were nominated this year for Best Counseling Center for 2025!



We need your help!
Vote Daily till March 17th to help
us get to Number 1!
Link is on our social media

How Therapy Can Help You Reconnect

Therapy provides a safe space to explore why connection feels difficult and how to rebuild a sense of belonging. Some ways therapy can support you include:

Understanding past experiences that shape the way you interact in relationships

Our early relationships and past experiences influence how we connect with others today. Therapy can help uncover these patterns, allowing you to heal old wounds and develop healthier ways of relating.

Learning to communicate with confidence and clarity

Struggles with connection often stem from unclear or hesitant communication. Therapy can teach you assertive communication skills, helping you express your needs, set boundaries, and build stronger, more fulfilling relationships.

Building self-worth so you can connect authentically with others

When we doubt our own worth, we may struggle to show up fully in relationships or settle for less than we deserve. Therapy supports self-compassion and self-acceptance, empowering you to engage in relationships with confidence and authenticity.

Exploring healthy boundaries to create fulfilling relationships

Boundaries help protect your energy and emotional well-being while fostering deeper, more respectful connections. Therapy can guide you in setting and maintaining boundaries that align with your values and needs.

Around the Office Updates:

Thank you to everyone for all the support as we make this transition!

Just as a reminder we are now located at



473 W 1400 N
Orem UT 84057

This month Hailey was able to be part of a mental health fair at Telos... we will probably do more of these :)



Book Recommendations:

A little different, but here is a children's book we love to recommend to families

This book is such a great children's book, focusing on love and connection. Not only are the pictures beautiful, but the message is simple and meaningful. The family in the story talks about the fears that come up, especially with children, on how so we stay connected even when we are not in the same place.

The mom does a great job with showing her children that no matter where they are in the world, they will be connected by the "invisible string".

I've used this books with little kids, and not so little kids. If someone is struggling with grief of losing someone or separation anxiety, this book shows that we can be connected in whatever ways we can. Sometimes it can be a text away, and sometimes it can be through remembering connections and reminding ourselves about their meaning.

-Hailey Maire-Grant, LCSW, CST



Check out our Instagram & Facebook for prompts to consider as you read The Invisible String- @xeniacounseling