

Xenia Newsletter

Checking-in

As we move into the second half of the year, July & August invite us to pause—not to hustle harder, but to check in with ourselves. This is before getting back to normal work and school schedules. It is a chance to notice what's been unfolding beneath the surface: the quiet growth, the shifts in our priorities, and the small wins that often go uncelebrated.

Rather than setting new goals out of pressure, this is a moment to ask ourselves meaningful questions. Here are a few reflection prompts to support your mid-year check-in. There are no wrong answers—just honest ones.

Prompts to Look Back with Curiosity:

How have I grown—even quietly?

Pause and reflect—

- What challenge have I moved through that I didn't think I could?
- Where have I been gentle with myself in a way that mattered?
- What relationships or routines have brought me unexpected comfort?
- What am I no longer tolerating, and what does that say about my growth?

Looking Forward

What do I want to feel more of in the second half of the year?

The midpoint of the year is a perfect time to pause, breathe, and realign with what truly matters to you—not just what the world expects. This isn't about hustling harder or meeting someone else's standards. It's about creating space for the feelings, rhythms, and connections you want more of in your life.

Gentle Prompts to Reset Internal Goals

- What do I want to feel more of in the next season of my life?
- What's one small choice I can make this week that aligns with my values?
- Where can I simplify, and how will that open up space for joy?
- Which commitments truly nourish me, and which might I release?

Summer Self-Care Suggestions

- Start or end your day with 5–10 minutes outdoors to soak in natural light.
- Trade one hour of scrolling for an hour doing something tactile (gardening, cooking, painting).
- Keep a cold water bottle nearby and infuse it with citrus or herbs for refreshment.
- Schedule at least one “just for me” activity each week—no productivity required.

Nervous System Rhythm Support

Drink water steadily through the day rather than all at once.

Anchor your day with consistent wake/sleep times (even on weekends)

Get brief, gentle sunlight exposure in the morning to help regulate circadian rhythms.

Incorporate calming sensory inputs—soft textures, calming scents, or slow breathing.

Books to Rethink, Recharge, and Reignite

Wintering

– Katherine May

"We must learn to invite the winter in."

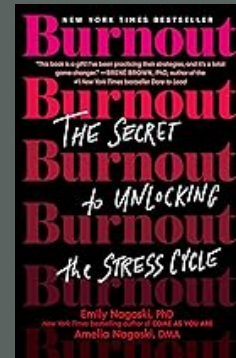


A reflective, poetic reminder that life has seasons—some for growth, some for rest. Perfect for embracing a midyear slowdown to regain clarity and energy.

Burnout

– Emily & Amelia Nagoski

"Stress is not the problem. The problem is incomplete stress cycles."



Offers science-backed tools for managing emotional exhaustion, with practical ways to restore your nervous system and prevent midyear burnout.

Big Magic

– Elizabeth Gilbert

"A creative life is an amplified life."



Encourages curiosity, play, and the courage to create without fear—ideal for sparking fresh energy and ideas for the rest of the year.