

Xenia Newsletter

Checking-in

June often brings a shift — in schedules, energy, and the world around us. With those shifts can come questions about where we stand in our own lives and in the spaces we move through. Whether you're navigating changes in family roles, cultural expectations, personal growth, or relationships, this season invites us to reflect on what feels grounding and true.

At Xenia, we believe that healing begins when you are supported in showing up as your full self — even if you're still figuring out what that self looks or feels like.

"You are allowed to take up space, and you are allowed to define what that space looks like."

Holding Space for Identity

Pause and reflect—

- What part of myself feels most present today? (This could be a role, a mood, a value, or a memory — anything that's showing up right now.)
- Where in my life do I feel the most like myself lately? (At home, with certain people, in quiet moments — or maybe just in small choices.)
- What space — physical or emotional — helps me feel grounded? (A room, a ritual, a relationship, or a state of mind.)
- Am I carrying any pressure to “be” a certain version of myself? (If so, where does that pressure come from — and do I want to keep it?)
- What would it look like to give myself more permission this month? (To feel, to pause, to shift, or to simply be.)

What does it mean to Hold Space for Identity?

Holding space means creating room for your story — even when it's still unfolding. At Xenia, we support all forms of identity work, whether you're exploring cultural belonging, gender, roles in family systems, or how trauma has shaped how you see yourself.

Your identity is not something you owe an explanation for. It's something you get to discover and define on your own terms.

Grounding Activity: "I Am, I am Becoming"

1. I am...

What part of your identity feels most true today?

(Example: I am a learner. I am a helper. I am still figuring it out.)

2. I am becoming...

What are you growing into or reclaiming?

(Example: I am becoming more honest with myself. I am becoming braver. I am becoming rooted.)

3. What helps you feel grounded in who you are — especially when things feel uncertain?

Book Recommendations:

The Gifts of Imperfection by Brené Brown

This heartfelt guide invites us to release perfectionism and embrace who we truly are. With a focus on authenticity, courage, and compassion, Brené Brown offers practical tools and powerful insights to help us live more fully — not despite our imperfections, but because of them.

"Owning our story and loving ourselves through that process is the bravest thing we'll ever do."

— Brené Brown

