

Xenia Newsletter

From the Therapist's Desk

November is often a time for getting cozy and preparing for the winter holidays ahead. We've already celebrated the magic of autumn with Halloween, and depending on where you live, this month might carry the lingering glow of fall or mark the beginning of the Christmas season. Either way, nature reminds us to slow down — to draw inward, spend more time inside, and find warmth in our routines and relationships.

This month, we're exploring Inner Warmth & Emotional Regulation — how to create moments of steadiness and comfort when the world outside feels cold or when life inside feels hurried. You'll find simple ways to invite warmth into your daily rhythm, along with reflections to help you notice the difference between soothing and numbing.

Our hope is that you find the pace that feels right for you. Sometimes life calls for a faster rhythm to get things done, while other times it invites calm, grounded moments of pause. However this season meets you, may you discover your own warmth — and the regulation that helps you carry it forward.

Maggie & Olive's Cozy Tip:



Our therapy dogs remind us that presence — not perfection — is the best form of warmth.

Insurance Update!

At this time we are starting the process to credential with certain insurances. We do not know for sure which ones will be available, but we need all clients to update their insurance information on their portal:

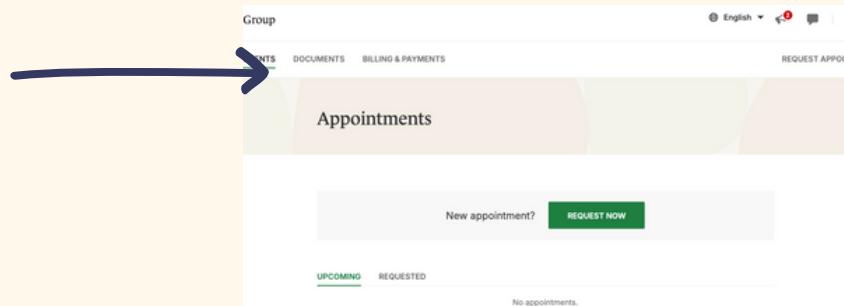
Log into the "Client Portal" on our website on the top right corner



Sign into your Client account



Once you are signed in, click the "Documents" tab



Upload a pic of the front AND back of your insurance card



**Once you upload your insurance info please email your therapist that you have done so!

Creating a Warmth Ritual

As the days grow shorter and the air cools, our bodies and minds naturally crave warmth — not just from blankets or hot drinks, but from steady, nurturing rhythms that help us feel safe and grounded. Creating a warmth ritual is a simple, intentional way to regulate your nervous system and bring comfort to your day.

Warmth rituals can be sensory, emotional, or even spiritual — they're small acts that remind your body you are cared for. They help shift you out of "go-mode" and into a calmer, more connected state.

Here are a few gentle ways to start:



- Light a candle at the end of your workday and take three slow breaths before moving on to what's next.
- Wrap yourself in a soft blanket for a five-minute "weighted meditation" — notice how your breath feels as your body settles.
- Warm your hands under water before journaling, praying, or doing something creative. Feel the physical comfort as you prepare your mind to reflect.
- Move warmth through your body with a brief stretching or grounding exercise — roll your shoulders, unclench your jaw, and let your breath lengthen.

You don't need a long routine; even thirty seconds of intention can help your body recalibrate. Over time, these small gestures train your nervous system to recognize calm as something familiar, not foreign.

Emotional regulation often begins with sensory regulation.

Try creating your own warmth ritual this month — something that invites presence, comfort, and a gentle reminder that you're allowed to slow down.

