

Xenia Newsletter

Checking-in

As we step into spring, it's the perfect time to not only refresh our physical spaces but also check in with our emotional and mental wellbeing. This season is a gentle reminder to clear out what no longer serves us and make room for balance, boundaries, and intentional living. Use the journal prompts below to explore where you might need a little more space, clarity, or care.

1. What areas of my life feel the most cluttered emotionally or mentally right now? What might I need to let go of to create more peace?
2. Where in my life am I overextending myself, and what would it look like to set a healthy boundary there?
3. What does balance look and feel like to me personally—not just ideally, but realistically?
4. Who or what drains my energy the most, and how can I compassionately address that with better boundaries or time limits?
5. What habits or routines can I “clean up” this season to create more space for joy, rest, or intentional connection?

Balance & Boundaries

This month the focus is on balancing our physical & emotional space. Here are some ways to ground your physical space:

Balancing your Space Tip #1

Did You Know?

Having plants in your space doesn't just make it prettier—it can actually help you feel better too. Studies show that indoor greenery can lower stress, boost your mood, and even improve focus.



Just looking at a plant can reduce cortisol levels and create a calming, balanced environment—perfect for supporting your mental health this spring.

Setting Boundaries With People We Respect

Setting boundaries is not about control or shutting people out but rather about showing up as your whole self. As nice as this sounds, one of the hardest places to set boundaries are with the people we admire. Whether it's a parent, mentor, spiritual leader, or employer, we often fear disappointing those we look up to. Respecting ourselves is a form of respect for them as well.

Here are 5 ways you can begin to set healthy boundaries with people you respect:

1. Get clear on why

Boundaries help us live a life in line with our values. Consider what you are protecting or nurturing by setting this limit? What part of you feels "disrespected" or "betrayed" by the behavior of another individual.

2. Lead with honesty, not an apology

You don't need to over-explain or ask permission. Consider trying "I value your input but I think I need to process this on my own" or "No, I cannot pick up _____ shift".

3. Use "I" statements

Boundaries are about clarity and helping people develop relationships where they can be their authentic self. "I need more rest right now, so I won't be able to take on extra projects right now".

Balancing your Space Tip #2

Declutter with intention. Clutter can overwhelm your nervous system and make it harder to relax or focus. Try tackling one small area at a time—like your nightstand, desk, or a drawer you open daily. Creating a clean, organized space helps your brain feel more calm and in control, which makes room for mental clarity and emotional balance.



4. Expect some discomfort

Discomfort is a part of growth. It is ok if it feels uncomfortable knowing that it will only last a moment but make you more comfortable and safe in the long run.

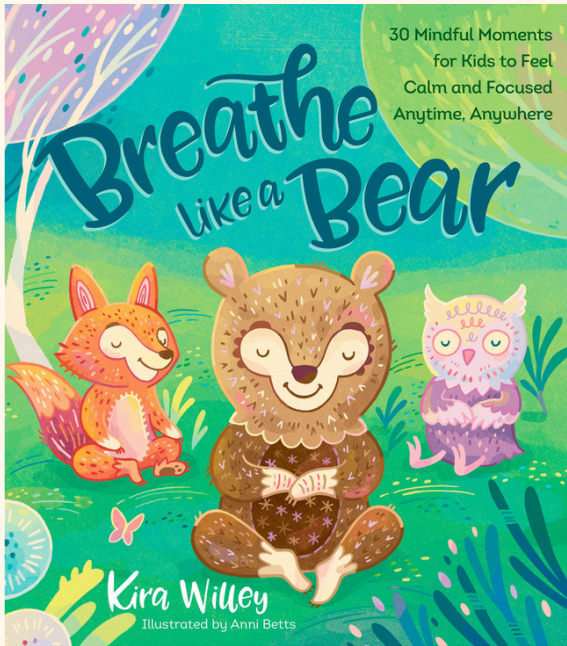
5. Mutual respect leaves space for individuality

Healthy relationships require you to stay connected in order to be aware of your needs.



-Summer Hibbard, ACMHC

Book Recommendations:



Breathe Like a Bear is a beautifully illustrated and thoughtfully written collection of 30 short mindfulness exercises designed just for kids. With playful titles like “Hot Chocolate Breath” and “Make Lemonade,” the book invites children to use their imagination while practicing simple breathing, focus, and calming techniques. Each activity is short enough to do in under a minute, making it perfect for transitions, emotional resets, or bedtime wind-downs.

What makes this book shine is how accessible it is—not only for children, but for the adults reading with them. It's a gentle introduction to mindfulness that doesn't feel like a lesson, but rather a game or story. Whether you're a parent, teacher, or therapist, Breathe Like a Bear is a sweet and powerful tool to help young kids begin building self-regulation and emotional balance in their everyday lives.

Balance & Boundaries Spring Checklist:

A gentle guide to refreshing your space—inside and out.

- 🍃 Declutter one small space (nightstand, desk, car, etc.)
 - 🍃 Add or care for one plant to freshen the air and lift your mood
- 🍃 Create a “quiet zone” where screens and noise are off-limits
 - 🍃 Revisit one boundary you’ve been meaning to strengthen
- 🍃 Take a 10-minute break to breathe, stretch, or journal
 - 🍃 Set a daily “do not disturb” time—even 15 minutes counts
- 🍃 Light a candle or open a window to reset the energy in a room
 - 🍃 Donate or release something that no longer serves you

