

# Checking in with yourself: Supporting your emotional wellness



## How Cleo can support your emotional wellness

There is a common narrative that having a baby is supposed to be the most beautiful, joyful, and magical time. While this can be true on so many different levels, it is also important to talk about the challenging emotions that come with the reality and responsibility of having a baby.

Words like "depression" and "anxiety" can feel so heavy, but they do not have to be scary and create a doom-and-gloom situation. Talking openly and honestly about emotions around parenthood helps everyone. It helps prepare you for the possibility of emotions that may occur and helps reduce the stigma and guilt around sharing these emotions for all parents. The more we talk about emotional wellness, the better!

Here are some ways that Cleo can help support you emotionally during your parenting journey.

- ☀️ Talking through your emotions. Your Guide is truly here for you to help process your emotions from a nonjudgmental and empathetic perspective. Reaching out to your Guide can be a great place to start if you feel like something is a little bit off and you cannot quite put a finger on it, or you want to talk about something specific that's troubling you.
- ☀️ Connecting you with a specialist. Ask your Guide about setting up a Processing Your Emotions or Mental Wellness Session with a specialized professional.
- ☀️ Helping to create a postpartum plan that focuses on how to thrive and survive during the initial postpartum period, with a back-to-basics approach that really concentrates on how to support you with food, sleep, self-care, and care from your support network.
- ☀️ Helping connect you with local mental health providers, support groups, and resources that will bring you some relief.

**Remember:** Caring for your mind is just as important as caring for your body. They are a connected system and work together every single day! And while parenting is really hard, it should not feel like suffering. Your emotional wellness is so important!

Download the Cleo app and talk to  
your Guide today

