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How to look after yourself as a parent



The mind is as important as the body in being able to operate at our fullest potential. If mental health is compromised, it will affect all areas of your life, parenting being one of them. Nobody can give from an empty cup, so supporting your own emotional wellness benefits everyone in the family.

Finding joy. Taking part in a joyful activity is relaxing and puts you in the right frame of mind to care for your family. Whether it's yoga, painting, reading, or jogging, including that activity in your routine helps sustain the balance of parenting and pleasure, and releases hormones that will boost your overall mood.

Digging deep. Be aware that emotional struggle may be deep rooted. It can help to talk things out with a therapist. Without navigating our shadows, we are missing out on an opportunity to heal wounds that could very well be impacting our relationships.

Connecting with adults. Just surrounding yourself with other adults and having adult conversations can be refreshing. Additionally, if you are with other adults who have children, it can be a way to vent and feel like you are not alone, as well as getting additional support, advice, and perspective on our lives.

Building a network. Social media groups and apps can connect you with other parents, helping you create a virtual community and get support, even within your local neighborhoods and cities.

Staying active. Physical activity is known to improve mental health outcomes. Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.

Sleeping well. Sleep is as important to our health as eating, drinking, and breathing. It allows our bodies to repair themselves and our brains to consolidate memories and process information. Poor sleep is linked to physical problems, such as a weakened immune system, and mental health problems, such as anxiety and depression.

Eating well. When you stick to a diet of healthy, nutrient-dense foods, you're setting yourself up for fewer mood fluctuations, an overall happier outlook, and an improved ability to focus.

For more tips and resources and to meet your Cleo Guide for 1:1 personalized support for your family, download the Cleo app by **scanning here** or **visit hicleo.com/enroll** to get started today!

