



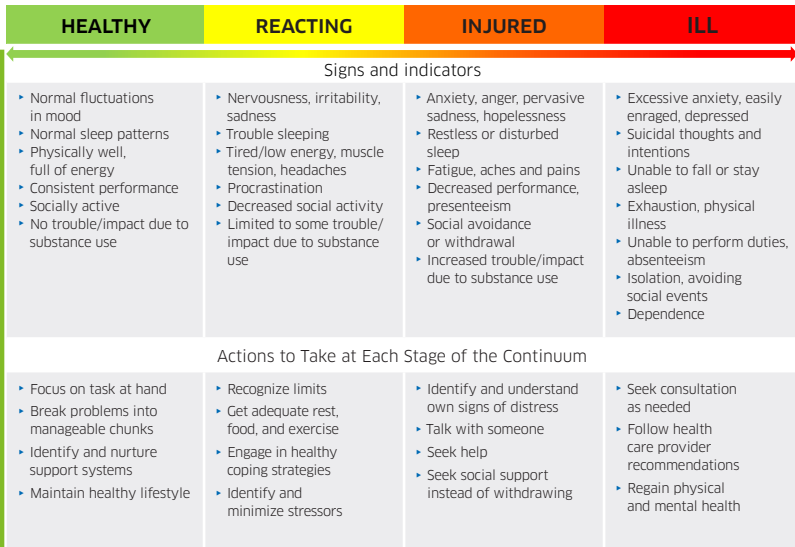
Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health Continuum Model

THE WORKING MIND™

Workplace Mental Health and Wellness



RESOURCES

If you are concerned about signs of stress in yourself or a buddy, get it checked out. Resources include:

- ▶ Family and friends
- ▶ Colleagues, managers and human resources
- ▶ Employee and Family Assistance Program
- ▶ Family Doctor and other healthcare providers
- ▶ Community resources
- ▶ Insured or private services, including psychologists

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The Big Four Strategies

SMART GOAL SETTING	VISUALIZATION	POSITIVE SELF TALK	DIAPHRAGMATIC BREATHING
<ul style="list-style-type: none">▶ Specific: your behaviour▶ Measurable: see progress▶ Attainable: challenging and realistic▶ Relevant: want it or need it▶ Time-bound: set finish time	<ul style="list-style-type: none">▶ Be calm and relaxed▶ Use all senses▶ See positive mental images▶ Keep it simple▶ Use movement	<ul style="list-style-type: none">▶ Become aware of self-talk▶ Stop the negative messages▶ Replace with positive▶ Practice thought stopping: "I can do this." "I am trained and ready." "I will focus on what I can do."	<p>Rule of 4:</p> <ul style="list-style-type: none">▶ Inhale to count of 4▶ Exhale for count of 4▶ Practice for 4 minutes <p>Breathe into the diaphragm</p>

AIR: Ad Hoc Incident Review

1. Acknowledge: Something has happened, and listen.
2. Inform: Check in and apply the Mental Health Continuum Model.
3. Respond: Observe and follow up.