



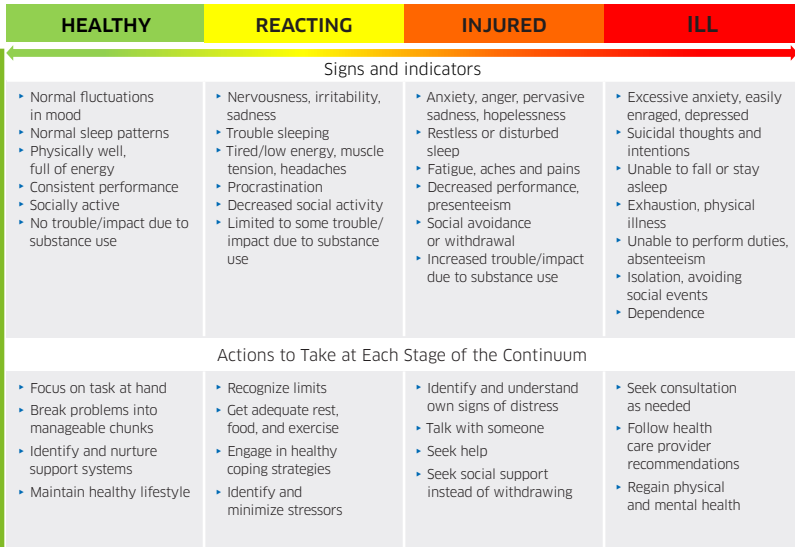
Mental Health  
Commission  
of Canada

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

---

Special acknowledgment made to the staff at the Department of National Defence and the Calgary Police Service for their collaboration in the development of this program.

[theworkingmind@mentalhealthcommission.ca](mailto:theworkingmind@mentalhealthcommission.ca)  
[www.theworkingmind.ca](http://www.theworkingmind.ca)

 [www.theworkingmind.ca](http://www.theworkingmind.ca)

 /TWM.Canada

 /TWM\_Canada

Production of this brochure has been made possible through a financial contribution from Health Canada. The views expressed herein represent the views of the Mental Health Commission of Canada.

## The Big Four Strategies

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