

THE SPACE WE MAKE

What can
offering?
a boundary
sound like?

**YOU DON'T
NEED TO RESPOND
TO THIS RIGHT AWAY.
THIS CAN WAIT, LET'S
PICK IT UP WHEN
YOU'RE READY.**

**TAKE THE SPACE YOU NEED;
WE'LL PLAN AROUND IT.**

**DO YOU NEED
MORE TIME?**



**Opening
Minds**

AN INITIATIVE OF THE
MENTAL HEALTH
COMMISSION
OF CANADA

**Language can help shape and
protect your space at work.**
Connect with us to learn how.