

# THE SPACE WE MAKE

What can  
**setting** ?  
a boundary  
sound like?

THAT'S NOT  
SOMETHING I TALK  
ABOUT CASUALLY.  
I AM CRAVING QUIET,  
I'LL CATCH YOU LATER.  
I'VE ALREADY  
DECIDED.  
I NEED SOME  
SPACE TO  
THINK.



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.