

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.