



Opening Minds at Work: Checking in with Yourself



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Checking in with Yourself is a self-paced course that helps employees build awareness of their mental health and take small, practical steps toward well-being. The course offers a focused exploration of the Mental Health Continuum Tool. It guides participants in defining their personal baseline of optimal mental health, spotting early warning signs, and creating a personalized plan to maintain or restore balance.



Opening
Minds

MENTAL HEALTH
COMMISSION
OF CANADA



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Recommended for:

Ideal for employees across office, remote, frontline, and leadership roles.



Format:

E-Course, Self-Paced



Course length:

~ 60 minutes



Other adaptations available:

Opening Minds at Work: Checking in with a Colleague



Course Features

- Interactive activities, reflection prompts, and check-ins.
- Real-life examples across various work settings.
- Inclusive, non-clinical language.
- Printable personal wellness and stay-well commitment tools.
- Links to trusted mental health resources.



Key Learning Outcomes:

Participants will:

- Define what optimal mental health looks like for them across five core domains.
- Recognize early signs that their mental health may be shifting.
- Learn how to use the Mental Health Continuum for regular self-checks.
- Create a personal plan to maintain or return to their optimal mental health.
- Identify potential barriers to seeking support and develop strategies to address.



Tone and Approach

The course is practical, compassionate, and action-oriented. It avoids clinical labels and emphasizes self-awareness, early action, and self-respect.

Participants are reminded that mental health fluctuates – and that noticing and responding early is a sign of strength, not weakness.

Starting from:

\$75 CAD per person

A bundle of Checking in with Yourself and Checking in with a Colleague is available for \$125. Groups looking to purchase our courses for more than 8 participants should contact our Client Engagement team who can provide support in building a plan to meet the needs of individual organizations.

Email solutions@openingminds.org to get started.