

The Space We Make:

From Understanding To Action

Action Reflection Tool

Choose one area to focus on. You can move at your own pace and skip what isn't useful for you. This tool is here to support small, intentional steps.

Notice

- ✓ A moment when someone seems withdrawn or overwhelmed
- ✓ A time when a conversation felt harder than it needed to be
- ✓ A situation where you weren't sure how to respond

Try

- ✓ Check in with someone using a neutral, open question
- ✓ Take a pause before responding in a difficult moment
- ✓ Follow up on a conversation instead of letting it end there

Respond

- ✓ Listen without rushing to fix
- ✓ Acknowledge what you hear
- ✓ Offer support without assuming what they need

Reflect

- ✓ What felt easier than expected?
- ✓ What felt uncomfortable and why?
- ✓ What might I try differently next time?



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA

If You Are in Distress

If you are in distress or supporting someone in distress, call or text 9-8-8 at anytime. If it is an emergency, call 9-1-1 or go to your local emergency department.