

The
Space
We
Make:

For Reflection.

The Wellness Circles Reflection Tool.

Which circles are supporting your wellbeing, and where might you have an opportunity to strengthen the experience of others?

Circle	How supported do I feel? (1-5)	How positive an impact am I having on others? (1-5)
Self		
Family		
Friends		
Workplace		
Community		

Q: What kind of experience do people have when they interact with me?



**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.