

## **I-CAN: Completing a Self-Check** (based on the Mental Health Continuum)

**Disclaimer:** *The Self-Check is a voluntary tool that provides a private/confidential snapshot of your mental health across five domains. It is intended for self-reflection and to assist in navigating the range of resources available to you. It does not replace professional medical advice or CAF policy, nor does it require the sharing of results. The physical symptoms listed give examples of how mental health can manifest in the body; however, they do not account for all medical conditions or injuries.*

*Categorizing resources by intensity is intended to simplify their navigation, and does not restrict your access to any level of support along the continuum. You are encouraged to access the care that feels right for you, regardless of your self-check results, if any condition is affecting your wellbeing or functioning.*

### **Steps:**

#### **1. CHECK: I notice and get a snapshot.**

The CHECK step helps you notice mental health patterns as they appear in six domains of health (physical, mental, emotional, social, spiritual, and substance use and addictive behaviors) and map them against the four colours of the Mental Health Continuum (MHC).

These categories are not medical diagnoses, and the examples provided are not exhaustive. They offer a practical way to see how often, and how strongly, these patterns show up and impact your daily life.

#### **2. ASSESS: I explore what's standing out.**

This step is an invitation to explore what your 'check' means to you by reflecting on patterns, shifts, and possible root causes.

##### Reflective Prompts:

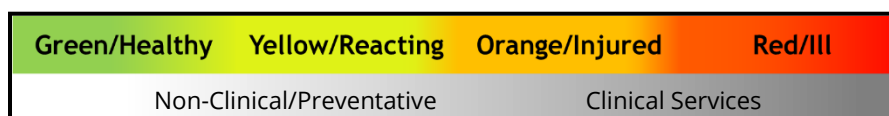
- **What stands out?**  
Are there specific questions or domains leaning towards orange or red?
- **What is the context?**  
Is this a temporary reaction to a passing event, or is it an ongoing pattern you've been experiencing?
- **Can you identify any triggers or patterns?**  
What might be contributing to these shifts? Could any of this be related to workplace conflict?

#### **3. NAVIGATE: I take the step that matches my needs.**

With a clearer picture, choose action(s) or support(s) that could fit your MHCM colours and needs. Use the linked Health Resource Directory to find tools and supports.

In any colour, If in doubt, consult a healthcare professional.

- **Green/Healthy:** Stay steady with proactive maintenance and supportive routines,
- **Yellow/Reacting:** Recognize limits, apply self-directed care and healthy coping skills,
- **Orange/Injured:** Reach out and talk to someone you trust. Seek professional support.
- **Red/III:** Get help by following professional guidance and accessing immediate support





## How to Complete a Self-Check:

- Reflect over the past week to month, not just today.
- Expect movement across colours
- Think of this as a snapshot of where you're at now.

**This is not a diagnostic tool – it's about awareness.**  
**If in doubt, consult a healthcare professional.**

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Domain	Green / Healthy (Your baseline for managing and enjoying your life)	Yellow / Reacting (Occasional / Above baseline)	Orange / Injured (Frequent / Increased)	Red / Ill (Persistent / Increased)
Physical Health *	<input type="checkbox"/> Healthy/regular nutrition and appetite	<input type="checkbox"/> Suboptimal nutrition/appetite	<input type="checkbox"/> Poor nutrition/ appetite	<input type="checkbox"/> Extremely poor nutrition/appetite
	<input type="checkbox"/> Healthy and stable weight	<input type="checkbox"/> Occasional involuntary weight fluctuations	<input type="checkbox"/> Increased involuntary weight fluctuations	<input type="checkbox"/> Extreme involuntary weight fluctuations
	<input type="checkbox"/> Few sleep difficulties	<input type="checkbox"/> Occasional trouble sleeping	<input type="checkbox"/> Frequent trouble sleeping/restlessness	<input type="checkbox"/> Inability to fall/stay asleep / insomnia
	<input type="checkbox"/> Healthy energy level	<input type="checkbox"/> Occasional low energy	<input type="checkbox"/> Frequent tiredness/fatigue	<input type="checkbox"/> Sleeping too much or too little
	<input type="checkbox"/> Physically active	<input type="checkbox"/> Occasional avoidance of physical activity	<input type="checkbox"/> Avoidance of physical activity	<input type="checkbox"/> Constant physical exhaustion
	<input type="checkbox"/> Good physical performance	<input type="checkbox"/> Occasional muscle tension, headaches	<input type="checkbox"/> Increased aches and pains	<input type="checkbox"/> Physical illness
Mental Health	<input type="checkbox"/> Ability to concentrate and focus	<input type="checkbox"/> Occasional distraction/loss of focus	<input type="checkbox"/> Poor concentration/frequent loss of focus	<input type="checkbox"/> Inability to concentrate
	<input type="checkbox"/> In control of thoughts and behaviours	<input type="checkbox"/> Occasional forgetfulness	<input type="checkbox"/> Frequent loss/gaps of memory	<input type="checkbox"/> Complete loss of memory/cognitive
	<input type="checkbox"/> Healthy thinking patterns	<input type="checkbox"/> Occasional intrusive thoughts	<input type="checkbox"/> Frequent intrusive thoughts or recurrent	<input type="checkbox"/> Severe intrusive thoughts, suicidal ideation
	<input type="checkbox"/> No or rare nightmares	<input type="checkbox"/> Occasional nightmares	<input type="checkbox"/> Frequent nightmares	<input type="checkbox"/> Persistent nightmares
	<input type="checkbox"/> Good decision making, actions	<input type="checkbox"/> Some difficulty actioning or	<input type="checkbox"/> Increased loss of control over actions	<input type="checkbox"/> Intent to harm self or others
Emotional Health	<input type="checkbox"/> Normal mood fluctuations	<input type="checkbox"/> Irritability/impatience	<input type="checkbox"/> Anger, hostility	<input type="checkbox"/> Angry outbursts/aggression
	<input type="checkbox"/> Calmness	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Increased feelings of anxiety	<input type="checkbox"/> Debilitating anxiety/panic attacks
	<input type="checkbox"/> Good sense of humour	<input type="checkbox"/> Occasional sadness, feeling overwhelmed	<input type="checkbox"/> Pervasive sadness/hopelessness	<input type="checkbox"/> Depression
	<input type="checkbox"/> Confidence/optimism	<input type="checkbox"/> Occasional self-doubt	<input type="checkbox"/> Loss of self-confidence	<input type="checkbox"/> No self-worth
	<input type="checkbox"/> Ability to take things in stride	<input type="checkbox"/> Occasional pessimism, displaced sarcasm	<input type="checkbox"/> Frequent pessimism, increased apathy	<input type="checkbox"/> Numbness/hopelessness
Social Health	<input type="checkbox"/> Socially active	<input type="checkbox"/> Decreased social activity	<input type="checkbox"/> Withdrawal from social activity	<input type="checkbox"/> Not going out or answering phone
	<input type="checkbox"/> Healthy social relationships	<input type="checkbox"/> Occasional relationships conflict	<input type="checkbox"/> Frequent relationships conflict, toxicity	<input type="checkbox"/> Constant relationships conflict, toxicity
	<input type="checkbox"/> Engaged with others	<input type="checkbox"/> Occasional avoidance of social situations	<input type="checkbox"/> Pulling away from others	<input type="checkbox"/> Isolation/complete withdrawal
	<input type="checkbox"/> Good performance and in duties	<input type="checkbox"/> Occasional performance errors	<input type="checkbox"/> Frequent performance errors	<input type="checkbox"/> Inability to perform duties/tasks
	<input type="checkbox"/> Good presence at work	<input type="checkbox"/> Occasional presenteeism	<input type="checkbox"/> Frequent absenteeism	<input type="checkbox"/> Constant/prolonged absenteeism
Spiritual Health	<input type="checkbox"/> Established sense of purpose and	<input type="checkbox"/> Exploring sense of purpose and meaning	<input type="checkbox"/> Losing sense of purpose and meaning	<input type="checkbox"/> No sense of purpose and meaning
	<input type="checkbox"/> Secure and can easily accept other beliefs	<input type="checkbox"/> Able to accept other beliefs	<input type="checkbox"/> Difficulty accepting other beliefs	<input type="checkbox"/> Unable to accept other beliefs
	<input type="checkbox"/> Positive sense of belonging	<input type="checkbox"/> Some sense of belonging	<input type="checkbox"/> Lacking sense of belonging	<input type="checkbox"/> Isolated and no sense of belonging
	<input type="checkbox"/> Easily able to forgive myself and others	<input type="checkbox"/> Able to forgive myself and others	<input type="checkbox"/> Difficulty forgiving myself and others	<input type="checkbox"/> Unable to forgive myself and others
	<input type="checkbox"/> Thrive and grow from inner conflicts	<input type="checkbox"/> Able to function with inner	<input type="checkbox"/> Difficulty coping with inner	<input type="checkbox"/> Consumed by inner conflicts/struggles
Substance Use and Addictive Behaviors **	<input type="checkbox"/> Limited or no use, no consequences	<input type="checkbox"/> Occasional, controlled use, rare use for coping or strong craving,	<input type="checkbox"/> Frequent use, large quantity, difficulty controlling use, some consequences	<input type="checkbox"/> Compulsive cravings, inability to control use, large quantity, or consequences
	<input type="checkbox"/> Limited or no addictive behaviours	<input type="checkbox"/> Occasional addictive behaviours	<input type="checkbox"/> Frequent addictive behaviours	<input type="checkbox"/> Inability to control addictive behaviours
	<input type="checkbox"/> No trouble/impact due to use	<input type="checkbox"/> Limited trouble/impact due to use	<input type="checkbox"/> Frequent trouble/impact due to use	<input type="checkbox"/> Severe trouble/impact due to use

\* There are many other physical health presentations that warrant seeking care, those are only some physical health manifestations, initially mostly selected in association with their intersection with mental health.

\*\*“Use” and “addictive behaviours” refer to engagement in substances, smoking, and vaping, gaming, gambling, social media engagement, and viewing pornography activities