

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/Ill:** 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.

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.

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