



Well Central
A place for your mental health



**Canadian Mental
Health Association**
Mental health for all

Visit Well Central and access the Well-being Course at www.wellcentral.ca

The Well-being Course is an interactive, online course available through the WELL CENTRAL platform, available for anyone who wants to **improve and protect their mental health and well-being**.

The Well-being Course is for anyone who is dealing with stress, anxiety, low mood or other life challenges and would like to enhance their mental health and well-being.

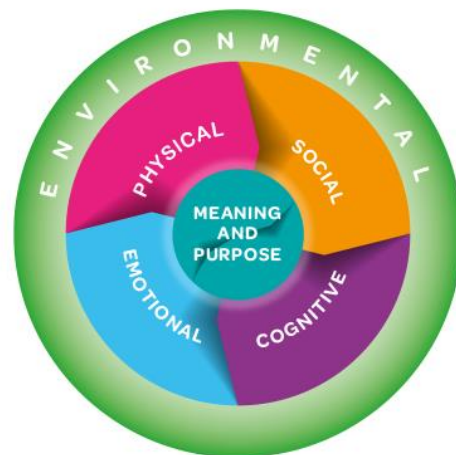
This strengths-based Course guides each learner on their own personal journey toward improved well-being. Learners set their own goals and learn at their own pace.

The Well-being Course is **evidence-informed** and **co-produced** with people who have lived experience of mental health and addictions challenges. This ensures the information, activities, and strategies are grounded in research, experiential knowledge and are user-friendly.

The Well-being Course includes 8 Modules that cover six dimensions of well-being:

Modules

1. Welcome to The Well-being Course
2. Physical Well-being
3. Social Well-being
4. Cognitive Well-being
5. Emotional Well-being
6. Meaning and Purpose
7. Environmental Well-being
8. The Well-being Journey Continues



The Well-being Course is designed with a range of features that make the Course interesting and effective:

- Online well-being assessment before and after the Course
- Personal stories are used to illustrate content
- Discussion Forum to connect with other learners for support
- Engaging videos
- Printable Tip Sheets
- Links to additional resources and supports
- Mobile phone and tablet friendly
- Audio narration (optional)
- Certificate of Completion for learners upon finishing the Course

Well-being Course Modules and Lessons

1. Welcome to The Well-being Course
 - What to expect from the Well-being Course
 - Create a safe and positive learning environment
 - Explore personal readiness for change
 - Learn about the dimensions of well-being
 - Identify your Strengths
 - Develop a Personalized Learning Plan
2. Physical Well-being
 - Being active
 - Good nutrition
 - Adequate sleep
3. Social Well-being
 - Supportive people in your life
 - Positive relationship qualities
 - Four key ingredients to healthy relationships
 - Connecting through social media
4. Cognitive Well-being
 - Learn about mindfulness
 - Living with gratitude
 - Developing optimism
5. Emotional Well-being
 - Acknowledging and accepting emotions
 - The role of self-compassion
 - Managing stress
6. Meaning and Purpose
 - Clarifying personal values
 - Gaining a sense of purpose in life
 - Finding inspiration and hopefulness
7. Environmental Well-being
 - Finding financial and other community resources to support your well-being
8. The Well-being Journey Continues
 - Five ways to keep moving ahead on your well-being journey



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