



**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](http://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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