

5 tips

**for helping the people you support
get the most value from AONest**

AONest™ is a software system for self-guided mental health management and outcomes. It helps individuals address their mental health concerns independently, without needing to talk to a therapist. However, “self-guided” doesn’t mean the people you support need to use AONest alone. Sometimes, they need a little extra help, so we put together this list of tips for reserve leaders and social service agency case workers.

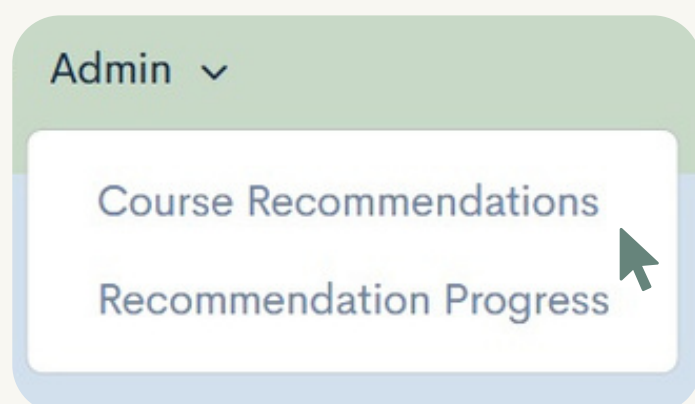
Note: throughout this document, we use the term “clients” to refer to the clients of social service agencies as well as members of First Nation communities. We recommend you start by familiarizing yourself with the available courses in AONest so you’ll be in the best position to assist your clients.



1

Recommend courses to your clients

When an individual expresses specific concerns about their mental health, **use the Course Recommendations feature** to encourage them to explore specific videos and worksheets that might help.



Example: If your client indicates they are feeling anxious, you could recommend that they take the course on Managing Anxiety as well as Building Self-confidence which includes lessons like, "Overcoming social anxiety and fear of judgement" and Food and Wellness which includes courses like, "Building a colourful plate to manage anxiety" and "Foods that help stabilize mood and reduce anxiety".

CLIENT	COURSE	PROGRESS
Example Client	Managing Anxiety	<div><div>Video</div><div><div></div></div></div> <div><div>Worksheets</div><div><div></div></div></div>

2

Create a workbook for a course

Download all worksheets for a course, print them out, and put them in a binder for your client. Provide it as a handy resource that they can use as a workbook.

Download All

Download Selected

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Acting on change

Activity: Revisit your tracking sheet and reflections, observe any changes or patterns in your behaviours, and assess your progress towards achieving your self-care goals.

Purpose: This activity will encourage ongoing self-awareness and accountability, empowering you to make informed choices and adjustments to support your overall well-being.

	Healthy eating	Physical activity	Sleep (Duration? Was it restful?)	Screen time
Mon				
Tues				

3

Use AONest for workshop facilitation

Organize small group discussions about mental health issues and **use AONest as a workshop facilitation tool**. Watch one or more related videos together and use the relevant worksheets to guide a discussion. You can complete the worksheets online as a group or ask individuals to complete them offline, then discuss their thoughts when the group comes together again.



Facilitation guide template

Title: *"Insert lesson from AONest"*

Duration: *30–45 minutes*

1 Welcome & grounding (5 min)

- Open with a moment of silence, smudging (if appropriate), or a short land acknowledgment.
- *Ask: "What's one word to describe how you're feeling today?"*

2 Introduction to the theme (5 min)

- Share the topic and why it matters.
- *e.g., "Today we're looking at how our bodies carry stress, and what traditional teachings can offer us in caring for our spirit."*

3 Content sharing (10–15 min)

- Present a resource from AONest (e.g., a short video, infographic, or reading).
- Pause to reflect or highlight key points.

4 Group discussion or activity (10–15 min)

- Prompt with open questions:
 - *"What stood out to you?"*
 - *"How does this connect to your community/work?"*
- *Optional: short journaling, small-group sharing, or drawing.*

5 Closing circle (5 min)

- Invite final reflections.
- Share one takeaway or intention for the week.

AONest theme week examples

Week	Theme	Activity	AONest resource	Outcome
1	<i>Spirit building</i>	Open circle with smudging and sharing personal strengths	Intrinsic vs extrinsic motivation video lesson	Promote inner strength and connection to spirit
2	<i>Building self-confidence</i>	Self-affirmation journaling and group encouragement exercise	Confidence-building worksheets or youth stories	Strengthen self-worth and positive identity
3	<i>Mastering will power</i>	Set small wellness goals and track progress together	Goal-setting templates and motivational tools	Reinforce self-discipline and achievement
4	<i>Overcoming intrusive thoughts</i>	Mindfulness activity and thought-challenging circle	Cognitive wellness tools or Elder teachings	Support emotional regulation and mental clarity
5	<i>The seven grandfather teachings</i>	Share one teaching each day and reflect on its meaning	Cultural values resources and digital posters	Deepen understanding of Indigenous ethics and values
6	<i>Boundaries</i>	Role-play healthy and unhealthy boundaries in common scenarios	Boundaries guide or community-based safety tools	Improve communication and personal safety
7	<i>Core relationship skills</i>	Discussion on trust, empathy, and communication; practice active listening	Relationship-building modules or peer support guides	Strengthen interpersonal skills and relational health

4

Set up AONest workstations

Set up several workstations (e.g., laptops or iPads) at your office and schedule regular drop-in sessions. Invite clients to attend so they can use AONest independently while you circulate and offer guidance and support when needed.



5

Use the search function

Remind your clients to use the Search function in AONest to look up keywords of interest. That way, they can always find the best course content for their most immediate mental health concerns.

Q

Learn about search

Clear

Example: Enter Stress in the Search bar to see a list of lessons and worksheets that deal with stress. It appears in multiple courses including Core Skills: Boundaries, Managing Anxiety, Overcoming Intrusive Thoughts, and more.

Content

My Interests

N

Navigating work related stress

Core Skills: Boundaries

S

Self-care and stress management

Overcoming Intrusive Thoughts

Stress

Emotional Health

Stress reduction techniques

Managing Grief

Worksheets

Videos

✓ Core Skills: Boundaries (1)

✓ Overcoming Intrusive Thoughts (1)

ADHD (1)

Managing Anger (2)

✓ Emotional Health (1)

Relationships (2)

✓ Managing Grief (1)

Essential Relationship Skills (3)

Managing Anxiety (2)

We love feedback!

If you have additional tips for using AONest with your clients, suggestions for new course content, or ideas for improving AONest in any way, please send your thoughts to:

support@aonest.com.