

A Little Book of

W*ellness*

R*ecovery*

A*ction*

P*lanning*

The way for YOU to take care of YOU

An Introduction to... **W***ellness*
R*ecovery*
A*ction*
P*lanning*

Developed by Mary Ellen Copeland, MS, MA
www.mentalhealthrecovery.com

Who is it for?

WRAP is for everyone, lollypop lady to court judge, WRAP can be used to aid everyone's day to day life.

What is it?

'WRAP is a wellness plan that is also a contingency plan'.

Definition—to have a framework or guidance plan set in place which will aid and help a situation or occurrence which has caused problems or distress.

How should it be used?

WRAP can take many forms, it is an individual personalised plan and can be anything from a few words on a sheet of paper, through to a diary, or large filing system.... In short it's whatever you want or need it to be.

How can it help you?

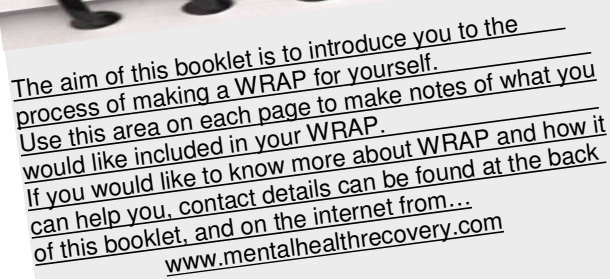
You know yourself best. WRAP is your personal tool which you set in place in the good times to remind you and guide you through the bad times, when it is hard to think straight.

There are 7 tried and tested steps to your Wellness Recovery Action Plan.
The following pages briefly explain WRAP step by step.
Use the room provided on each page to make notes and produce a WRAP of your own.

Things that will help you when making your WRAP.

- Remember to make it when you feel good, in comfortable surroundings and you are relaxed. Take your time—hours, days weeks...if you need it
- What you will need;
- Pen, paper..... That's it! Or you might want to record, video or use images instead of words
- Be truthful, take your time, you're soul searching, it's tough!!

But the rewards are great!!!

A spiral-bound notebook is shown at an angle. The page is white with black text. The spiral binding is visible at the top of the page. The text is written in a simple, sans-serif font and is underlined. The text reads: "The aim of this booklet is to introduce you to the process of making a WRAP for yourself. Use this area on each page to make notes of what you would like included in your WRAP. If you would like to know more about WRAP and how it can help you, contact details can be found at the back of this booklet, and on the internet from... www.mentalhealthrecovery.com".

The aim of this booklet is to introduce you to the process of making a WRAP for yourself.
Use this area on each page to make notes of what you would like included in your WRAP.
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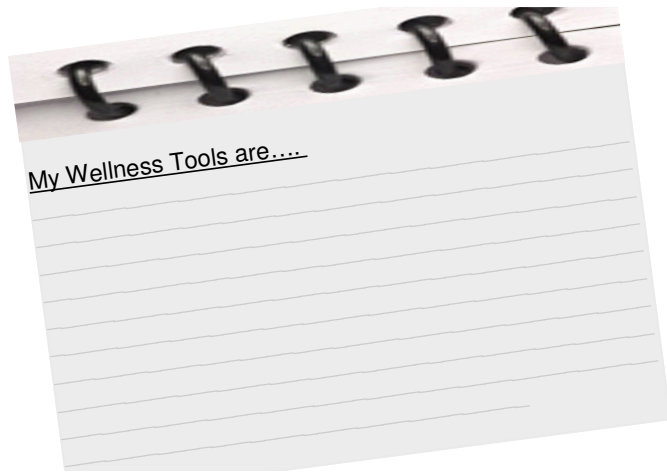
Step 1 Wellness Tools 1

"In short your wellness tools are a list of day to day things that make you feel good."

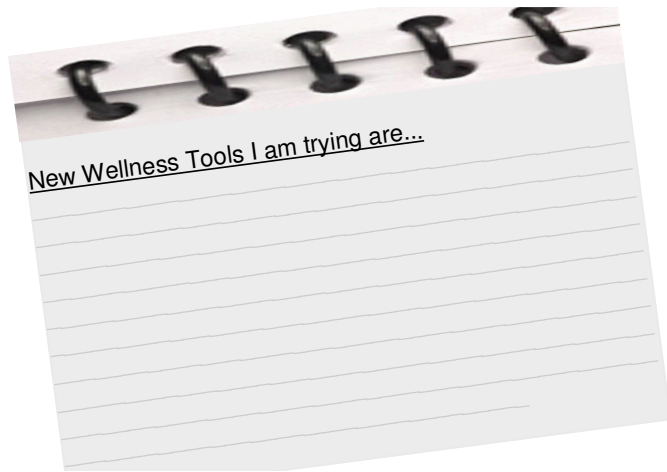
A few examples may include the following...

- Going for a walk
- A relaxation exercise
- Hot bath
- Listening to music
- Being alone in a quiet place

Now write down what makes you feel good on the following pages....



My Wellness Tools are....



New Wellness Tools I am trying are...

Step 2 Daily Maintenance Plan 2

“There are certain things we can do every day to keep ourselves well. First we need to describe what we are like when we are well.”

A few examples are...

- Cheerful
- Energetic
- Withdrawn
- Flamboyant
- Quiet

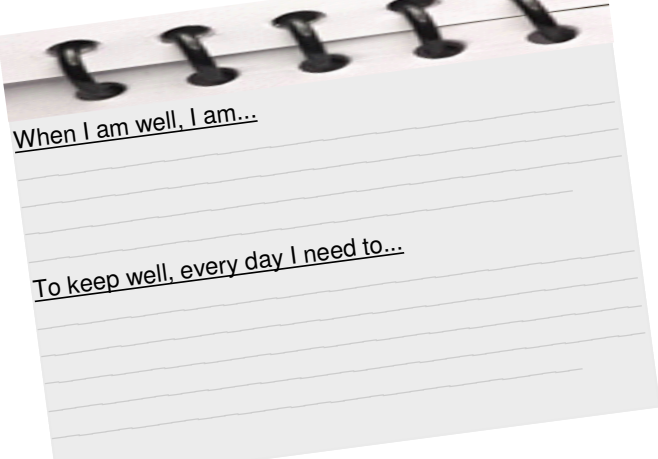
Step 2 Daily Maintenance Plan 2

“Then identify what we need to do every day to keep well.”

A few examples are...

- Get up and go to bed at.....and.....
- Eat 3 healthy meals and 3 healthy snacks
- Take medication
- Exercise for half an hour

Now describe yourself when you are well and what you do each day to keep well...



When I am well, I am...

To keep well, every day I need to...

Step 3 Triggers

“Triggers are actions or situations that will remind you of an unhappy or hurtful situation, feeling or experience within your life.”

A few examples may include the following...

- The smell of something
- Locked doors
- The sight of something
- A certain place
- The sound of something

Triggers can be anything!!!!

My Triggers are...

My Action Plan to deal with my triggers are...

Step 4 Early Warning Signs of distress

"This should be a list of warning signs that will tell you that your health is beginning to deteriorate."

Examples may include: Forgetfulness, Lack of motivation, Being uncaring

Questions to ask yourself could include...

Are you still practising all your wellness tools?

It's important to recognise your early warning signs!

My Early Warning Signs are...

My Action Plans is...

Step 5 Breaking Down 5

“At this stage you must ACT to prevent a crisis. You may need to increase the frequency of your Wellness Tools”

A list of signs that things are breaking down could typically include ...

- Staying in bed all day
- Drinking more
- Not socialising
- Not eating
- Feeling down

Signs that things are breaking down are...

My Action Plans are...

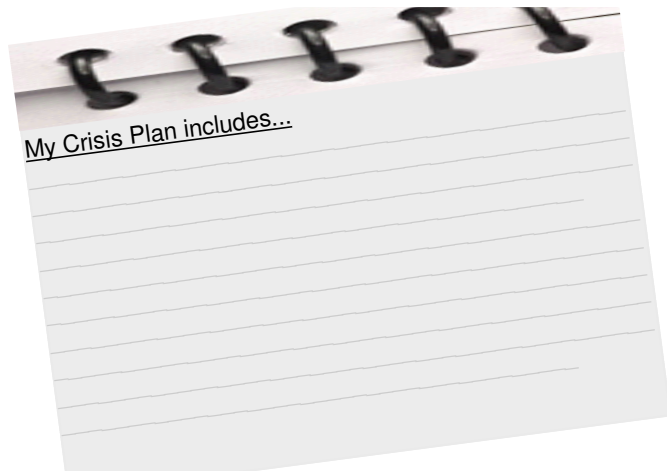
Step 6 Crisis Planning 6

"Unlike the first 5 steps of WRAP which can be completed alone should you wish, step 6, crisis planning, by the nature of what it involves, will need you to consult, involve and get the agreement/support of other people"

The crisis plan is a list of instructions, i.e. do's and don'ts which should be implemented on your behalf should you not be able to do so yourself."

Examples of crisis planning could include....

- Stephen will pick up the children
- The neighbour should be told to feed the dog
- I should not be seen by a male doctor
- Please do not force me to eat



My Crisis Plan includes...

Step 7 Post Crisis Planning

“Post crisis planning is a timetable you set yourself to help you gain control of your life after a crisis situation.”

It should include goals and milestones set out by you so as to stop yourself from pushing too quickly for recovery and so as to enable you to heal.

Examples of post crisis planning could include...

- Gradually resuming responsibilities when you feel ready.
- People I need to thank

Looking at your WRAP to see if anything needs changing that might prevent a further crisis.



My Post Crisis Plan includes...

For further information about WRAP visit...
www.mentalhealthrecovery.com
English Version of WRAP Book ISBN: 0-9549295-0-0
available from recovemast@aol.com
www.seftonrecoverygroup.org.uk

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