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Wellness and Recovery Action Plan

“WRAP”





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The Wellness Recovery Action Plan is a framework with which I can develop an effective approach to manage distressing symptoms and gain insight into patterns of behavior. It is a tool to help me gain control over my problems.

Developing my own WRAP will take time, and while it can be done alone, many find it more valuable to have a supporter.

Over time the WRAP can become a useful tool that I can use as a reminder and guide to maintain wellness and something I can turn to in times of difficulty. It is designed as a tool for learning about myself, such as knowing what helps and what doesn't, and how to gradually gain more control of my life and my experiences. Once I start my WRAP I can continue developing it and changing it as I gain more information about myself.



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What does wellness look like in my life?

What things support my wellness?

What inspires me and reminds me of my values?

What are some things I want to try and see if they support my wellness?



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What do I need to avoid to stay well?

What are some things I can do every day to keep myself well?

What can I do occasionally to support my wellness?



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Triggers are things that happen to use that are likely to set off a chain reaction of uncomfortable or unhelpful behaviors, thoughts, or feelings.

Below is a list of some of my triggers.

Trigger 1:

Trigger 2:

Trigger 3:

Trigger 4:

Trigger 5:

An action plan is what I can do about these triggers.

- Ways to limit exposure to triggers
- Ways to avoid triggers from occurring
- What can be done to help cope if these triggers occur
- What can be done when triggered to help things from getting worse



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Create an action plan for each of these triggers

Trigger 1 action plan:

Trigger 2 action plan:

Trigger 3 action plan:

Trigger 4 action plan:

Trigger 5 action plan:



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What are subtle changes in my thoughts, feelings, and behaviors that indicate I may need to take action to avoid worsening of my condition or situation?

What action can I take when I notice these warning signs to keep me well and prevent things from getting worse?

When things start breaking down, in spite of my best efforts, my symptoms may progress to the point where they are very uncomfortable, serious, and even harmful. This is how I think, feel, and behave when the situation gets uncomfortable, serious, or dangerous.

When things have progressed this far, caring for myself is my top priority. What can I do to reduce these difficult experiences and prevent things from getting worse?



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What are some signs that things are breaking down or getting worse?

Despite my best efforts, I might find myself in a situation where I feel totally out of control and I am in a crisis. By developing a crisis plan and sharing it with others, I will be able to take responsibility for my own care and let others know how they can support me during a crisis. A crisis plan should be developed when I am well. It will take time to develop and is essential that it be developed in collaboration with those I am asking to support me so that they fully understand and agree to their role within the plan.

Take a moment and reflect on what you are like when you're well

Below are some signs that I may be in a crisis:



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The first person I will contact when I am in a crisis is:

Name: _____

Relationship: _____

Contact details: _____

Other people I can contact in a crisis are:

How can each person support me?

There may be some things I can do that can help to reduce symptoms and help towards recovery. List treatments or activities I can do that help me reduce my symptoms and when they can be used.

Below are treatments I would like to avoid and why:



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Post Crisis Plan

Recovery is a process and is ongoing. I can start again at any time and after any difficult experience, no matter how bad. After a crisis I may feel worn out, so I will choose a time when I am ready, such as when I have more energy and when I am willing to think about it and try and make sense of it.

Below is a list of things that indicate I am no longer in crisis:

Below is a list of support I will need when I am coming out of crisis and the people who can provide this support:

What are the most important items in my wellness toolbox that will help me in a crisis?



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Reflection

What have I learned about myself and others through this crisis?

Are there parts of my WRAP that didn't work out as I had hoped?

What changes can I now make to my WRAP to make a further crisis less likely?



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This plan was made on _____ and can replace or be used in conjunction with other plans with earlier dates.

Signed: _____

This plan can be just for my own use and reference or can be shared with others involved in this plan. It will take time to set up and can be changed and evolved whenever I have new ideas or new information.