

Wellness Recovery Action Plan [®]

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What is WRAP®?

- Structured self management personalised system borne out and rooted in the principle of self determination.
- No one knows you like you do!
- Working with WRAP® can help individuals monitor uncomfortable and distressing symptoms and, through planned responses, reducing or modifying or eliminating these symptoms.



Wellness Toolbox

- The Wellness Toolbox is a list of resources or tools that have been found to be useful in helping you to feel better, stay well and have your life the way you want it to be.
- It can be as simple as a list!
- This is the cornerstone of WRAP®

Daily Maintenance Plan

Essentially a three part plan, again listed as appropriate.

- What I am like when I am well
- A list of things I need to do everyday to stay well
- A list of things I might need to do to stay well.

Triggers / Stressors – Identifying

- Triggers / stressors - external events or circumstances that are likely to set off a chain reaction of thoughts, behaviours or feelings
- What are some of your triggers that impact your wellbeing?
- Refer back to your Wellness Toolbox
- Action plan

Triggers / Stressors Action Plan

- Ways that you can limit your exposure to these triggers.
- Ways that you can avoid triggers from reoccurring.
- What can be done to help you cope if these triggers do occur?
- What can be done when I am triggered to prevent things from getting worse?

Early Warning Signs

- Early warning signs are usually internal, subtle signs of change that others may not be aware of.
- These signs are usually unrelated to reactions to stressful situations. They may even result from difficult situations.
- Despite our best attention to our Daily Maintenance Plan and reducing our reactions to Triggers / stressors, we may still begin to experience EWS.
- What do I have in my wellness toolbox that can help?



Please contact me for anything further with WRAP®



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