

W.R.A.P



Wellness



Recovery



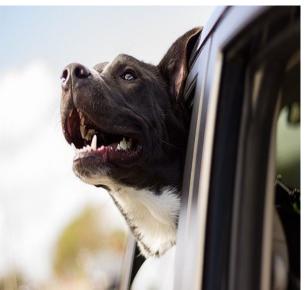
Action Plan

Designed and produced by the Involvement, Recovery and Wellness Centre. Please contact 01625 505647 for further information.

Helping people to be the best they can be

Introduction

The Wellness Recovery Action Plan or WRAP, is a self designed, prevention and wellness tool that everyone can use to get well, and help keep you on your journey to recovery. It is a system to help you monitor distressing symptoms, behaviour patterns and unhealthy habits to help make your life the way you want it to be. It was developed in 1997 by Mary Ellen Copland and a group of volunteers who recognised and shared ways to overcome their mental and physical health issues to support others to be the best they can be, despite the long term health condition they live with.



Developing a WRAP will take time, it can be done alone, but many people find it helpful to have another person they can trust, such as a family member, friend, health professional to work on together.

The WRAP belongs to you and you can decide how to use it and who to show it to, as it's your guide to support your own wellness and recovery.

W.R.A.P will help you to:

- Discover your own simple, safe wellness tools that work for you.
- Develop a list of things you can do every day to stay as well as possible.
- Identify upsetting events, early warning signs and signs that things have gotten much worse and,
 using wellness tools, develop action plans for coping at these times.
- Create a personal crisis plan.
- Create a personal post—crisis plan.

Acknowledgements

This workbook is an abbreviated version of WRAP and is adapted from the 'Wellness and Recovery Action Plan', by Mary Ellen Copeland. For more information on WRAP, look at:- Copeland, M.E. (2002) Wellness Recovery Action Plan. USA: Peach Press

References

Developed by staff from the IRWC various sources including:

https://mentalhealthrecovery.com/

https://www.scottishrecoveryconsortium.org/assets/files/WRAP%20Examples.pdf

Personal Experience

Peer Support

Training Workshops

This WRAP workbook and other recovery resources were inspired by and based upon the work of

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All pictures are from the free image website Pixabay: https://pixabay.com

Daily Maintenance Plan



As you work your way through this book, please highlight and/or add to each of the lists, what best describes you and your circumstances.

What I'm like when I'm well

Organised	Generous
Bubbly	Funny
Tidy	Good sense of Humour
Sociable	Content/Satisfied
Full of ideas	Brave/Courageous
Supportive	Enthusiastic
Competent	Optimistic
Compassionate	Passionate
Outgoing	Reasonable
Quick Learner	Relaxed
Cheerful	Talkative
Entertaining	Enjoy crowds
Active	Нарру
Flamboyant	Athletic
Industrious	Curious
Playful	Compulsive
Peaceful	Calm
Introverted	Withdrawn
Breath easily	Creative
Disciplined	
	Bubbly Tidy Sociable Full of ideas Supportive Competent Compassionate Outgoing Quick Learner Cheerful Entertaining Active Flamboyant Industrious Playful Peaceful Introverted Breath easily



Things I need to do every day to keep myself well

1. Eat 3 healthy meals: Breakfast, Dinner and Tea
2. Have some healthy snacks on hand e.g. fruit, nuts, carrot sticks
3. Drink at least 1.2 litres of water a day (NHS guidelines)
4. Avoid too much caffeine, sugar and junk foods
5. Don't drink too much alcohol (use NHS guidelines – 14 units per week)
6. Don't use nicotine as a coping strategy
7. Take medications morning and evening, and PRN (when necessary)
8. Take vitamin supplements
9. Get outdoors every day for at least 20 minutes
10. Do some relaxation or mindfulness exercises
11. Write in my 'thank you' journal
12. Talk to another adult at least once a day
13. Do a 'self-check' – Am I doing okay emotionally, physically and/or spiritually
14. Go to work
15. Be kind to myself
16. Practice using affirmations – Feel the fear and do it anyway!
17. Have a good laugh
18. Chat with my daughter
19. Give a hug and get a hug — human contact
20. Help someone else
21.
22.
23.
24.
25.
26.
27.
28.

Other examples of things I need to do every day to keep myself well

Look in the mirror and tell myself I'm doing okay/well
Do a crossword/Sudoku puzzle
Play my (musical instrument)
Check in with my partner for support
Do something creative
Read a good book
Do some exercise at the gym
Get a good night's sleep (at least 8 hours
Have a nap if needed (no more than 1 hour)
Connect with someone
Make an action plan
Do a to do list
Do something spiritual (pray/meditate)
Read a magazine
Take sleep medication if needed
Make sure you have a lunch break during working hours
Do some Tai Chi / Yoga / Pilates
Organise things for the next day – work-clothing, food menu
Read something funny
Watch the stand-up comedy show Live at the Apollo





My Triggers



Things that, if they happen might cause an increase in my symptoms

Anniversary dates:	Fight with someone
Work Stress	Intimacy
Excessive stress	Over-extending myself/Doing too much
Relationship ending	Not enough time alone
Holidays	Legal problems
Family get-togethers	Family friction
Being judged or criticised	Changing plans
Being teased or put-down	Extended travel
Being over-tired	Sleep disruption
Being left out	Too much time in bed
Self-blame	Violent or Sad Films
Physical illness	Bad weather
Financial Problems	Letter from the DLA or PIP
Harassment/Bullying	Sexual Harassment
Being around negative people	Alcohol or Drug Misuse
Extreme guilt (from saying 'No' etc.)	Cruelty to people or animals
Loss or feeling out of control	Talking to certain people
Disagreement with colleague/friend	Assuming all things negative is due to my
Feeling cheated or let-down	Crowded places
Changing appointment times	



Action Plan



Things I can do if I'm triggered to stop things from escalating/getting worse

Walk my dog	Make an action plan to do something
Distract myself (with?)	Take the day off work
Get validation (WRAP or other people)	Socialise with supportive people
Meditate	Use positive self-talk
Play my guitar/piano	Go to a support group
Sing or dance	Listen to relaxing music
Go running or do some other exercise	Clean the house
Focus on something else – a happy mo-	Do something creative
Make sure I do my daily maintenance list	Do something artistic
Call a support person	Do some slow and controlled breathing
Work on changing negative thoughts into po	ositive thoughts
Get validation from someone I'm close to	Talk to my therapist/care coordinator/GP
Go to the library	Read a magazine
Watch a good movie	Go to my special place in my house
Give myself permission to go home early	Do a fun thing
Write a quick grateful for list	Mindfulness in 5 4 3 2 1
Do a visualisation exercise	Have a bath
Go to bed early	Have breakfast in bed and read

Early Warning Signs

Signs that I am deteriorating



Increased anxiety	Nervousness
Forgetfulness / Lack of focus	Increased negativity
Increased Smoking	Increased irritability
Not keeping appointments	Decrease in personal hygiene
Not showering	Staying in bed
Avoidance	Being uncaring
Lack of motivation	Impulsivity
Dizziness	Muscle tension/cramping
Inability to experience pleasure/joy	Feeling slowed down
Avoiding my daily maintenance list/WRAP	Felling speeded up
Avoiding others and isolating myself	Being obsessed with something that
	doesn't really matter
Irrational thoughts begin	Spending money unwisely/Overspending
Poor motor co-ordination	Aches and pains
Feelings of hopelessness begin	Change to diet
Comfort eating	Feeling worthless/inadequate
Self-harm thoughts	Increased checking behaviour – post/
	phone
Missing turn offs whilst driving	Hyperactivity/ Can't sit still
Feeling overwhelmed	Bins overflowing
House untidy/ more cluttered	Can't find things
House plants dying from neglect	Less interested in appearance – jogging
	bottoms and T-shirt only
Messing up meds	Not interested in pets / less caring for them
Putting things off	Supressed grief/anger
Wearing a lot of make-up	Getting angry easily
Dressing in dark colours	Irrational worrying thoughts
Over-reacting to small annoyances	Rumination
Being harsh on self	Exhaustion
Only eating if going to pass out	
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Action Plan

Things I must do if I experience Early Warning Signs

Do the things on my daily maintenance list whether I feel like it or not!

Tell my GP or relevant health care professional and ask for advice. Ask them to help me

Do at least one focusing exercise a day e.g. crossword / Sudoku

Do some exercise

Get out into the fresh air

Write in my bullet journal/diary for a few minutes each day

Spend a while involved in an activity I enjoy each day

Ask for help with household tasks and cooking

Don't stay on the couch too long

Turn off the TV

Remove any objects that may be destructive regarding self-harm behaviour

Give my car keys to a significant other

Ask a supporter to stay with me or go stay with them

Refrain from drinking alcohol

Avoid caffeine

Give myself permission not to be perfect

Go for a walk

Play with the kids

Try some positive self-talk

Look for something small to be grateful about

Run an errand

Use the 6-step Problem Solving Strategy

Do a Pros and Cons list

Don't keep talking about negative feelings

Go to the Recovery College

Use positive affirmations e.g. 'Feel the Fear and Do it Anyway!'

Go see a good movie

Write a to-do list

Distraction Technique – Mandala colouring-in – sewing – fishing









Signs that Things are Breaking Down or Getting Worse

Unable to sleep	Sleeping all the time
Unable to get out of bed	Avoiding eating
Wanting to be totally alone	Over eating
Racing thoughts	Substance misuse – Alcohol/Drugs
Inability to slow down	Inability to do anything
Bizarre behaviour – Risky behaviour	Sitting and staring
Don't care anymore	Agitation
Incredible exhaustion and fatigue	Stopping taking my medication
Feel like running away	Feel like crawling out of my skin
Not being aware of my surroundings	Panic attacks
Obsessed with negative thoughts	Seeing things that others don't see
Feeling incredibly oversensitive	Crying excessively/all day
Irrational response to actions of others	Risk-taking – driving too fast, promiscuity
Thoughts of self-harm	Suicidal Ideation
Spending excessively	Self-hatred
Disappearing into a room to be alone	Hearing voices
Chain smoking	Paranoia
Can't finish anything/projects etc.	Can't begin anything
Feeling overwhelmed	



Action Plan

Things that can help reduce my symptoms when they have progressed to this point

Call my GP / Care-coordinator/ Social Worker ask and follow their instructions
Have my medications checked and altered if necessary
Call and talk as long as I need to with one of my supporters
Arrange for someone to stay with me around the clock if necessary
Take actions so I cannot hurt myself if my symptoms worsen e.g. hand meds over to part-
Make sure I am doing the things on my daily maintenance list
Arrange and take at least 3 days off from any responsibilities
Write in my diary for a half an hour
Call a help line e.g. Samaritans / Mind
Write a contract with my health professional to motivate me
Have someone check on me twice a day
Attend the Recovery College if possible
Speak with family members so they are aware of where I'm at!
Visit Mind / Bipolar UK etc.

Crisis Plan

Symptoms that indicate that others need to take over full responsibility for my care and make decisions on my behalf

Not sleeping at all	Not getting out of bed at all
Staying on the couch all the time	Neglecting personal hygiene
Not taking care of myself	Not leaving the house
Total avoidance	Self-destructive behaviour
Uncontrollable pacing/unable to stay still	Staying in the same clothes
Not taking care of the house	Not being able to be caring for my children
Not being able to care for my pet	Not cooking for myself
Not eating properly	Thinking that someone is going to hurt me
Thinking I am someone I am not	Planning suicide; Rehearsing suicide
Giving things away/ throwing things away	Not showing up for work
Not calling anyone	Inability to stop compulsive urges
Uncontrollable thoughts of hurting myself	Criminal activities
Refusing to eat or drink	Hearing voices
Delusions and or hallucinations	Not being able to stop talking
Rambling speech/ not making sense	





These are my SUPPORTERS, the people who I want to take over for me when the symptoms I listed in my CRISIS PLAN are evident

Name:
Contact Number:
How they can help:
Name:
Contact Number:
How they can help:
Name:
Contact Number:
How they can help:
Name:
Contact Number:
How they can help:

Name:
Contact Number:
How they can help:
The people I don't want involved and why
Name:
Why not:
Name:
Why not:
Name:
Why not:

Medications and/or Supplements

Medication Name	Reason:
Medications I prefer to take	e if they become necessary
-	•
Medication Name	Reason:
Medication Name Medications that are acceptable for recognitions.	
Medications that are acceptable for r	me to take if they become necessary
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Medications that are acceptable for r	me to take if they become necessary

Medications that must be avoided and they reasons why

Medication Name	Reason:
Medications: Fu	rther Comments







Treatments

Treatments that help to reduce my symptoms and when they should be used

Hospital should allow me full privileges as soon as possible if I am admitted voluntarily so I don't feel cut off from the outside Let my supporters visit as soon as I am admitted to hospital because they are helpful to me Make sure that my symptoms are not due to other medical problems e.g. thyroid, diabetes, hypertension etc. One to one therapy to help me understand my situation Group therapy to support my self-management techniques Review my WRAP to see what may have gone awry and check to see if any changes are needed. Art therapy and music therapy to help me relax Let me get outside 30 minutes a day to feel better Let me sleep off my mania rather than force me to be involved in activities; otherwise I may become agitated and then verbally abusive Let me have my own CD player and relaxation tapes to play in my room to help calm me Allow me have my own diary so I can write in it as soon as I start to feel better Let me practice my mediation in a quiet room so I can feel grounded Help me use my CBT/DBT skills to further my recovery Allow me to use mindfulness to help ground me I like to use visualisations to help me relax Slow and controlled breathing helps me to become calmer and more rational I find breathing exercises unhelpful – they make me feel panicked Please explain thing to me clearly and often as when unwell my focus and concentration levels drop Encourage me to use distraction techniques when I am anxious e.g. breathing or crosswords

Treatments

Treatments I want to avoid and why

Please avoid using constraints as they remind me of past traumatic experiences	
Don't approach me from behind as this makes me even more anxious and can exacer-	
Putting me in isolation is not conducive to my recovery as it makes me scared and in-	
Electro Convulsive Therapy – ECT because I'm worried about losing my memory	
Please do not force medication on me unless at least 1 of my supporters agree	
Treatment Facilities	
Hospitals and Treatment Facilities I prefer to be treated at :	
Millbrook Unit, Macclesfield	
Bowmere Unit, Countess of Chester Hospital, Chester	
Hermitele and Tuestus out Feeilities I musteu not to be tuested at.	
Hospitals and Treatment Facilities I prefer not to be treated at:	
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Hospitals and Treatment Facilities I prefer not to be treated at:	
Hospitals and Treatment Facilities I prefer not to be treated at:	

What can be put into place in order for me to stay at home or in my community and still get the care I need:

Making sure that my calendar is clear or near to clear	
Someone making sure that I am taking my medications properly	
Someone helping me get to appointments	
Someone staying with me	
Supporting me in following a daily schedule of meals, exercise, relaxation and distraction	
Utilising my WRAP	
My supporters checking in with me daily	
Someone taking me out to do an errand, walk or for a coffee – daily	
Having contact with my health professionals when necessary	
Someone taking over my household responsibilities until I am able to	
Someone making sure that I am eating properly	
Someone helping me to look after my child/children	
Someone helping me to look after my pet	
Spending some time with people who understand and support me	
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Help from others

Things that other people can do for me to help with my recovery and that may help in reducing my symptoms

Please listen to me without always giving advice

Please don't judge me harshly for my decisions or moods when I am unwell

I find criticism difficult to cope with when I'm unwell

Ask me if I need a hug

I really enjoy massage or reflexology

Redirect me when I start talking about everything negatively

Please help me to increase my self-esteem by saying positive things to me

Ensure I'm eating properly and hydrating myself too

Ask if I'm taking my medication properly and hint to me if they need to be reviewed

Do the odd reality check – Facts and Evidence for my thoughts

Help me with my household tasks e.g. making sure bills are paid, chores etc

Reassure me

Offer tea and chocolate

Help me cut down on my stress levels perhaps using Action Planning/SMART

Pray for me

Tell me you love me/like me







Things I need my supporters to take care of when I'm in crisis

Children	
Parents	
Pets	
Plants	
Household chores	

Things that others have done in the past, which did NOT help me

Pressuring or forcing me to do things
Trying to entertain me
Taking me to noisy, crowded places
Talking at me
Being impatient with me
Getting angry with me
Minimising/patronising me
Making me feel powerless
Not believing me
Making me feel guilty or blaming me for my illness
Saying 'I told you so'





Deactivating the Crisis Plan

Signs that I no longer need to use this Crisis Plan

I have had a good sleep for at least 3-4 days
I am able to cook for myself and I'm eating healthily
I am able to look after the kids and pets by myself
I am answering the phone and opening my post
I'm able to focus on reading a book and retain information
My sense of humour returns and I can laugh
I'm no longer isolating myself and I'm meeting friends and family
I'm able to drive again as per my psychiatrist



