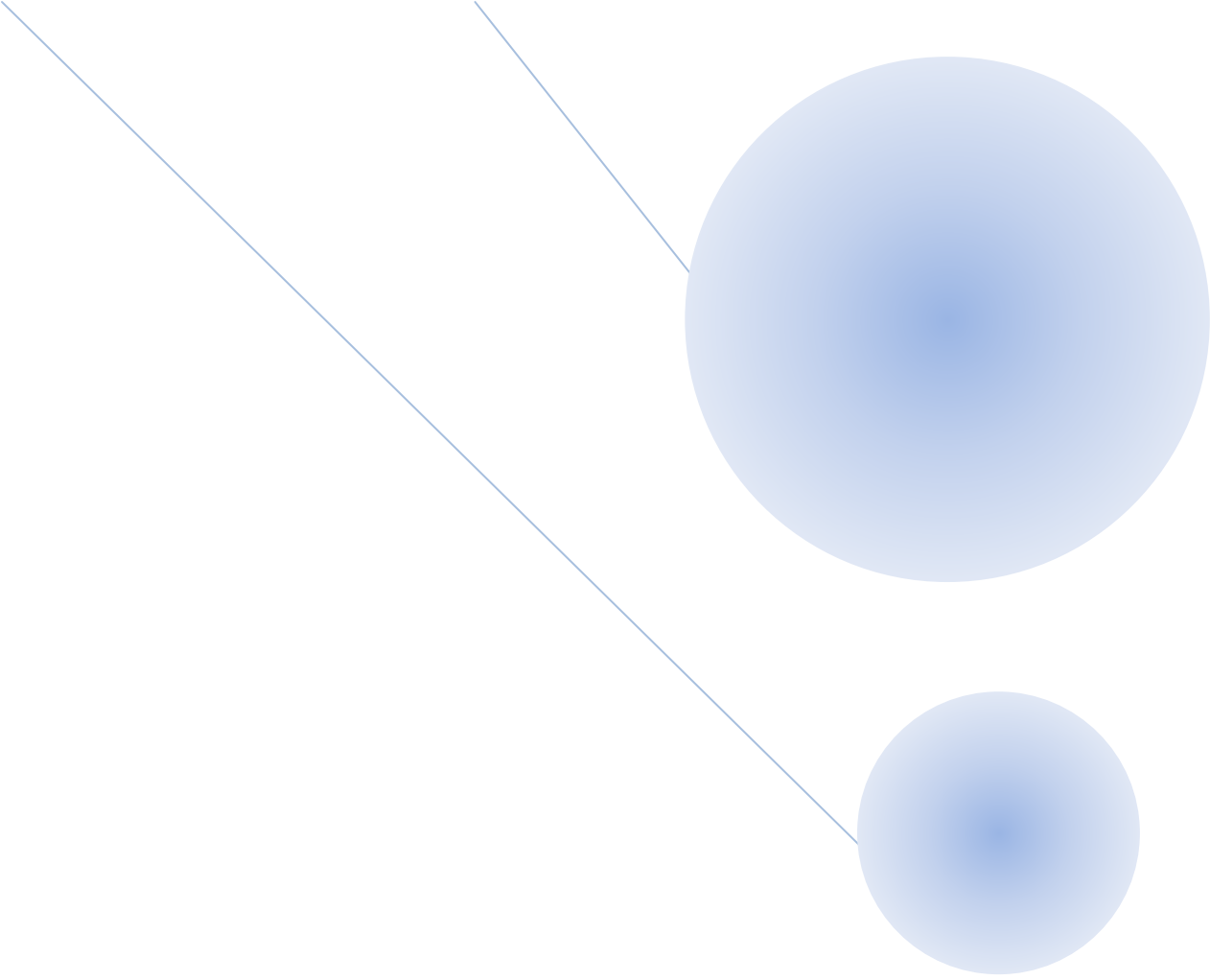


# MY WELLNESS RECOVERY ACTION PLAN

Name:-----



# **My Wellness Recovery action Plan**

Who am I? When I feel well I am

[this is me feeling good, feeling well, doing fine]

Things I do every day to keep myself well – what do you need to do for yourself every day to keep yourself as well as possible?

What do you need to do – not necessarily every day to keep your overall wellness and sense of wellbeing?

My supporters.....

Identifying your Triggers – external events or circumstances that are likely to set off a chain reaction of thoughts, behaviours or feelings

Avoiding your triggers – what can you do to avoid or limit your exposure to possible triggering events?



Coping with triggers when they occur:

What can you do to keep these triggers from getting worse?

Early warning signs – what are the subtle signs of change that indicate that you may need to take action to avoid a worsening of your condition or situation?

Response plan to early warning signs – what action can you take when you recognise the early warning signs?

Signs of a potential crisis when things start breaking down or getting worse – what happens when the situation has become uncomfortable, serious or even dangerous, but you are still able to take action on your own behalf?

Reducing signs of a potential crisis – what will help you to reduce your signs and symptoms when they have progressed to this point?

Crisis plan – To start thinking about your crisis plan either speak to your mental health worker about making an Advance Statement or attend the Wirral Education for Wellbeing course on Advance Statements to find out more about how you can make a plan while you are well that tells others around you, including professionals what helps and doesn't help in a crisis.