

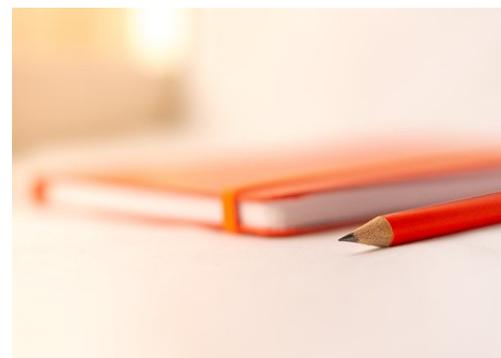
# W.R.A.P



**Wellness**



**Recovery**



**Action Plan**

Designed and produced by the Involvement, Recovery and Wellness Centre.  
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# 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 Mary Ellen Copeland. PO Box 301, W. Dummerston, VT 05357 phone: (802) 254 2092

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

Friendly	Organised	Generous
Confident	Bubbly	Funny
Motivated	Tidy	Good sense of Humour
Caring	Sociable	Content/Satisfied
Responsible	Full of ideas	Brave/Courageous
Fun to be around	Supportive	Enthusiastic
A quick learner	Competent	Optimistic
Energetic	Compassionate	Passionate
Clear-minded	Outgoing	Reasonable
Thoughtful	Quick Learner	Relaxed
Bright	Cheerful	Talkative
Humorous	Entertaining	Enjoy crowds
Chatterbox	Active	Happy
Dramatic	Flamboyant	Athletic
Capable	Industrious	Curious
Easy to get along with	Playful	Compulsive
Impulsive	Peaceful	Calm
Quiet	Introverted	Withdrawn
Reserved	Breath easily	Creative
Patient	Disciplined	



## 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.



# 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	





## 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	

# 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









**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 that must be avoided and they reasons why

Medication Name	Reason:

## Medications: Further 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 cross-words

## 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

### Hospitals and Treatment Facilities I prefer not to be treated at:




## 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

