

KEY PARTS OF WRAP® **(Wellness Recovery Action Plan)**

WRAP®, is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of life's challenges, and by people who want to attain the highest possible level of wellness.

WELLNESS TOOLBOX: A building block to a good WRAP plan. List of things that help you get well and stay well (can include things you would like to try. These are things that you can do to help yourself feel better when you aren't. Some examples are things like taking a walk, reading, window shopping, playing with my pet, spending time with family, etc... These should be simple, safe, and inexpensive things a person can easily do.

DAILY MAINTENANCE PLAN: You identify things you need to do every day to help you stay well. If you start to feel badly this is a good reminder of what you can do to feel better. This section is made of three parts: What I'm like when I'm well, things I need to do every day to stay well, and things I can do sometimes to help me stay well

TRIGGERS & ACTION PLAN: Events or situations outside of yourself that make you feel badly and often initiate other problems or symptoms. The second part of this section is the triggers action plan which allows you to think of how you are going to respond to your triggers before they happen. For example if financial statements trigger you, then you have an action plan for what you will do when this happens in the future. This way you are in control of your wellness.

EARLY WARNING SIGNS & ACTION PLAN: Unlike triggers which are external; early warning signs are internal subtle signs of change that show us that we may need to take further action. It is a precursor that says "hey..... your situation is beginning to get worse" because you are noticing, feeling, or acting a certain way that may be out of the norm for you. The next part of this section is the action plan where you spell out what you are going to do when you notice that you are feeling this way.

WHEN THINGS ARE BREAKING DOWN & ACTION PLAN: Things that happen that signal you are on a downward spiral. They may be symptoms that you experience or have experienced in the past. They are signs that signal to you or others that you are not doing well and are heading for crisis. The second part of this is the action plan where you lay out what you are going to do when you notice these things. It is important that you take several specific action steps that can help you divert crisis at this time.

CRISIS PLAN: Those symptoms that indicate you can no longer continue to make decisions take care of yourself and keep yourself safe. You outline what your supporters and health care professionals can do for you. You need to make your plan, clear, legible, easy to understand, and show it to your supporters ahead of time. Even better make them copies so that they have one for themselves. It also helps to get healthcare providers and other supporters' input when working on your crisis plan; they may have noticed things that you personally didn't realize about yourself.

POST CRISIS PLAN: This section is constantly changing while you are healing. You should write the post-crisis plan as you are coming out of your crisis. It is helpful to slowly resume responsibilities. Don't suddenly think that you are better and relieve all of your supporters because chances are if you do this you may be back in crisis real soon! You have to give yourself time just like if you were recovery from a surgery. After you feel you are no longer in the post crisis plan you can go back to using your Daily Maintenance Plan and other parts of your Wellness Recovery Action Plan. Don't forget to go back and update your WRAP plan to reflect what you have learned from your crisis as well.