



The Assessment And Training Centre  
is pleased to provide you with

## A GUIDE TO COMPLETING YOUR **WRAP**<sup>®</sup>

**W**ELLNESS

**R**ECOVERY

**A**CTION

**P**LAN<sup>®</sup>



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The Wellness Recovery Action Plan® (WRAP®) was originally developed in 1997 by Mary Ellen Copeland (*Mary Ellen Copeland Center*) and a group of people in the United States of America who experienced mental health challenges and were searching for ways to overcome their challenges. They learned that they can identify what makes them well, and then use their own wellness tools to relieve difficult feelings and maintain wellness. The result has been recovery and long-term stability.

# WHAT IS WRAP®?

A Wellness Recovery Action Plan® (WRAP®) is a plan you create for yourself to take control over various aspects of your health. A WRAP® helps people to:

1. Successfully reach life goals and aspirations.
2. Feel empowered
3. Take personal responsibility for your recovery
4. Improve the quality of life
5. Provide structure and monitor uncomfortable or distressing feelings
6. Helps you with your emotional, physical, and mental health challenges
7. Identify triggers and take action
8. Identify signs that things are breaking down and take action
9. Create positive change
10. To plan in case of crisis
11. Learn following a crisis
12. Decrease and prevent intrusive or troubling feelings and behaviours



## WHO CAN PARTICIPATE?

Any TATC learner or staff can complete their WRAP® on their own or in a group. If you need further guidance, you can contact the Safeguarding Team at telephone numbers: 07916309643 / 07754159839 or email: [safe@tatcl.co.uk](mailto:safe@tatcl.co.uk)

If you would like to join a WRAP® organisation you can click on this link below: - <https://www.wellnessrecoveryactionplan.com/>

## WRAP® HAS 5 KEY PRINCIPLES

**HOPE:** people who experience mental health difficulties get well, stay well, and go on to meet their life dreams and goals.

**PERSONAL RESPONSIBILITY:** it's up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well.

**EDUCATION:** learning all you can about what you are experiencing so you can make good decisions about all aspects of your life.

**SELF-ADVOCACY:** effectively reaching out to others so that you can get what it is that you need, want, and deserve to support your wellness and recovery.

**SUPPORT:** while working toward your wellness is up to you, receiving support from others, and giving support to others, will help you feel better and enhance the quality of your life.

# WELLNESS TOOLBOX

My Wellness Toolbox are the activities you do in your life that help you feel well. They might include a wide variety of activities that are beneficial for your mental wellbeing.



## EXAMPLES

Getting plenty of sleep every night

Eating a healthy diet

Exercising

Talking with friends or family members

Journaling

Practicing relaxation techniques

Practicing gratitude

Receiving counseling

Reading a book

Enjoying nature

Take care of my personal needs

Go to college or work

Listen to music

Feel good about life

Go to my support group

Go to the movies

Use my computer

Take my medication

Cooking and shopping

# DAILY MAINTENANCE PLAN

(WHAT YOU ARE LIKE WHEN YOU ARE WELL)

Every day you should follow this routine to help yourself stay well. Describe what you do and how you feel on a day-to-day basis when you are mentally well. You can include some of the tasks and activities you have identified to achieve your short-term goal.

Think about some of the things that you feel and do when you are feeling well; your likes and dislikes; things that may help you to feel better. What do others notice about you when you are well? What are some of the strengths you have?



## EXAMPLES

The things in my Wellness Toolbox

Make a plan for each day

Make a shopping list

Positive thinker

Creative

Calm

Call a friend or family member to have a chat or arrange to meet

Make a list of the people who I need to contact and how often

Friendly

Dancing

# STRESSORS

(ALSO CALLED TRIGGERS)

These are external events and situations that might make you feel uncomfortable or uneasy. In life, stressors/triggers can't be avoided but if you don't respond to them, or have some method of dealing with them, they may actually make you feel worse or can be detrimental to our wellness.



## EXAMPLES

Someone arguing with you

Friend or relative showing up to your home unannounced

Pet Peeves that someone displays

Receiving bad news

Feeling helpless or loss of control

Being excluded or ignored

Disapproval or criticism

Feeling unwanted or unneeded

Feeling smothered or too needed

Insecurity

Loss of independence

Rejection

Betrayal

Unjust treatment

Beliefs challenged by another person



## WHEN YOU ARE HAVING STRESSORS OR TRIGGERS IT IS A GOOD IDEA TO:

- ∞ Think about what you were doing and what was happening in your life when things started to feel and be different.
- ∞ Make a list. Sometimes we forget the little things that happen. Sometimes it's these little things that affect us the most.
- ∞ Think about some of the possible positive outcomes. Write down the things you can do to have a positive outcome.
- ∞ Think about the choices and decisions you can make.



# WHEN THINGS ARE BREAKING DOWN

These signs occur when you are feeling much worse than normal and are nearing a state of mental and emotional crisis.

## EXAMPLES

Feeling sad all the time

Feeling angry all the time

Constant problems at work

Constant problems at the centre

Problems in your relationships

Having hallucinations

Trouble Concentrating

Insomnia

Changes in Appetite

Digestive Issues

Low self-esteem

Fearfulness

Irritability

Worrying

Feeling helpless

Getting angry easily

Withdrawing from family and friends

Thoughts of self-harm or suicide

Losing interest in your favorite activities

Difficulty breathing

Uncontrollable crying



# CRISIS PLAN

If your mental wellbeing weakens to the point that you are in crisis, you may not be able to make good decisions for yourself during that time. Your crisis plan identifies who should make important decisions for you and gives instructions about the types of assistance you do and do not want.

## SOME DETAILS INCLUDED IN A CRISIS PLAN ARE:

### What is a crisis for me?

- ∞ Am I feeling overwhelmed?
- ∞ Am I feeling I can't manage?
- ∞ Are things deteriorating?
- ∞ Do I feel unable to cope?
- ∞ Are my symptoms getting the better of me?
- ∞ Do I feel out of control?



### During a crisis

- ∞ Who would I need to tell?
- ∞ Who do I not want to know that I'm unwell?
- ∞ What would I want other people to do?
- ∞ What do I need other people to do?
- ∞ What medication helps me?
- ∞ What helps me when I'm feeling overwhelmed?
- ∞ What treatments do I need to have and why?
- ∞ Where would I like to be treated and why?
- ∞ What treatments I don't want and why?



## POST-CRISIS PLAN

The Post-Crisis plan lays out tasks and timelines for healing and returning to everyday life after a mental wellbeing crisis. This plan can be started prior to a crisis, but it will likely need to be completed or adjusted as you are beginning to recover from the crisis, as you should then have a clearer picture of what you need to do for yourself to get well.

### SOME DETAILS INCLUDED IN A POST-CRISIS PLAN ARE:

#### After the crisis has passed

- ∞ How would I know I'm not in crisis anymore?
- ∞ What do I need to do first?
- ∞ What can wait?
- ∞ Who do I want to contact?
- ∞ What is it that I need right now?
- ∞ Where do I start?
- ∞ What help do I need?



#### Learn what happened before the crisis to prevent a relapse

- ∞ What were you doing?
- ∞ How did you feel?
- ∞ What were you not doing?
- ∞ What did you need help with?

## SUPPORT

- ∞ Who are the people who support me now and have done before?
- ∞ What do I want them to do and when?
- ∞ How do I let them know I need them?
- ∞ What should they do if they notice I am becoming unwell?
- ∞ What do they need to know to be able to support me when I need it?
- ∞ What services have helped me before and how could they help me in the future?
- ∞ Keep your WRAP® somewhere you know you can look at it and use it easily.
- ∞ Make sure that your support people are aware of your wishes.

