

The WRAP

A Wellness Recovery Action Planning Guide

Originally developed by Mary Ellen Copeland and a group of people recovering from mental illness, the WRAP has become a world-renowned method of peer recovery support.

This version of The WRAP is designed for anyone to consider their ideal well-being, and the term recovery as a way to focus on being well.

The WRAP can provide you with a great way to plan for your life. The components are:

- A wellness toolbox
- A vision of wellness
- A maintenance plan
- A list of triggers
- Trigger Action Plan
- A description of life when the triggers rule
- An action plan to put yourself back on track
- Crisis planning - What to do when things get really bad
- Who to call, what to empower them with to support you
- Who you do not want to be called
- Making a plan to come back from the crisis

How it works:

What's in Your Wellness Toolbox?

This is where you list all of the tools you currently have available to you to help you get and stay well. You can also add those things you would like to have in your toolbox

What are you like and what is your life like when you are at your best?

Here is where you list your key strengths and qualities and how they manifest when you are doing well.

You also describe what your life is like when you are doing well.

What does it take for you to stay at your best? If you are not there now, what would it take for you to get there?

Here is where you look back at your Wellness Toolbox and put it to work.

What are the triggers that might pull you out of being you at your best?

This is where you think back to what kinds of things could trigger/have triggered you to engage in problematic behaviors.

List all of them that you can think of.

Going forward, what can you do to avoid giving in to your triggers?

This is where you come up with an action plan to deal with your triggers. Give it your best shot. You want to list each trigger and how you will deal with it; what you will do to not give into it.

But what if things start deteriorating? What do you do then?

In this section, imagine you can't hold back and you begin giving into your triggers, now what?

Here is where you imagine seeing yourself beginning to give in but it is not too late to catch yourself. What is your plan to get back on track?

What if things get so bad, you can no longer help yourself?

If that should happen, who would you want to help you?

What is their contact information?

What would you want them to do?

What would you want them to absolutely NOT do?

Who do you absolutely NOT want involved in helping you through your crisis?

Are there any doctors, helpers, institutions, facilities you would like to get involved?

Any you absolutely do NOT want involved in your process?

What do your helpers need to know about your resources, insurance, etc.?

Now you are getting help and things are starting to get better. At what point, do you want to take back the reins of your life and begin to handle more responsibility?

What signs should your supporters look for to know you are ready to take back the reins?

What will you do to get back on your feet?

What will you learn from what you have been through and how will you prevent it from happening again?

Now things are back to 'normal'.

Write out a review of your experience from the time you were doing well through your fall and back again and tweak your WRAP to insure the best possible outcome going forward.

Adapted from the work of Mary Ellen Copeland. To learn more about The WRAP and how to use it most effectively, go to <https://copelandcenter.com/>

My Wellness Plan

My Wellness Toolbox

My Vision of Wellness – What I am like when all is well

My Maintenance Plan

My List of Triggers

My Trigger Action Plan

What it looks like when I'm on my way downhill and my triggers are in charge

My action plan to put myself back on track

When nothing works to help me – Crisis planning - What to do when things get really bad

- **Who TO call, and what to empower them with so they can help me**

- **Who I DO NOT want to have called**

- **Where I DO want to be taken**

How to know all is well with me

My Plan to come back from the crisis