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WRAP®

Wellness Recovery Action Plan

WRAP Includes:

1. Five Key Concepts
2. Wellness Toolbox
3. Daily Maintenance Plan
4. Triggers and Action Plan
5. Early Warning Signs and Action Plan
6. When Things are Breaking Down and Action Plan
7. Crisis Planning
8. Post Crisis Planning
9. Recovery Topics

Work Related Issues

You may feel that you are ready to start working, return to work; work more hours, change jobs, or make some other changes in your work situation.

You Can Use WRAP

As a tool to help insure your success if you are planning changes in your life, like:

- Getting a Job
- Changing Jobs
- Increasing your Work Hours
- Taking on More Responsibilities
- Getting More Education or Training
- Leaving Supported Housing

Wellness Recovery Action Plan

Was developed by a group of people who had been dealing with difficult feelings and behaviors for many years

People working to feel better and get on with their lives

WRAP Will:

1. Help you stay as well as possible
2. Help you keep track of difficult feelings and behaviors, and develop action plans to help you feel better
3. Tell others what to do for you when you feel so badly you can't make decisions, take care of yourself and keep yourself safe.

You Can Use WRAP

As a tool to help insure your success if you are planning changes in your life, like:

- Getting a Job
- Changing Jobs
- Increasing your Work Hours
- Taking on More Responsibilities
- Getting More Education or Training
- Leaving Supported Housing
- Moving
- Beginning or Leaving a Relationship
- Working on Relationship Issues
- Having a Child

To Address Other Life Issues like:

- Chronic or Acute Illness
- Addictions
- Breaking Bad Habits
- Losing Weight
- Trying Out New Interests
- Caring for Ill or Elderly Family Member

WRAP

You could develop a separate WRAP to deal with each of these issues or you could include these issues in one WRAP.

There is only one person who can write your WRAP- **YOU!**

You and only you decide:

- If you want to write a WRAP
- How much time it takes you to do it
- When you want to do it
- Which parts you want to do

You and only you decide:

- Who you want, if anyone, to help you with it
- How you use it
- Who you show it to
- Where you keep it
- Who, if anyone, has copies of your Crisis Plan

You may want to develop your WRAP in a three ring binder with filler paper and a set of five tabs.

However, you can develop your WRAP using any paper or notebook style.

You could develop it on your computer or even on a tape recorder.

You may want to ask a friend to support you as you work on your WRAP.