# **WRAP®: Wellness Recovery Action Plan Overview**

WRAP is a self-designed plan for staying well and for helping you to feel better when you are not feeling well, to increase personal responsibility, and to improve your quality of life.

The WRAP approach empowers you to take control of your own health and wellness.

Since its development, the system has been shared with hundreds of thousands of people through the Wellness Recovery Action Plan books: WRAP Plus, the Living WRAP video, the Creating Wellness Video series, Build Your Own WRAP and other online courses, numerous support groups, workshops and seminars, and through this web site.

With WRAP, people who experience mental health and other health challenges no longer feel that they are sentenced to a life of chronic disability that interferes with their ability to work toward and reach their goals. Instead, by using self-help skills and strategies that complement other treatment scenarios, they are achieving levels of wellness, stability, and recovery they always hoped were possible.

**WRAP stands for Wellness Recovery Action Plan**

**There are four parts to the study of mental health recovery and wrap that we will be learning about:**



1. **The Five Key Concepts**

* **Hope**
* **Personal Responsibility**
* **Education**
* **Self-Advocacy**
* **Support**

**… and issues that need attention:**

* **getting good health care**
* **medication management**

1. **The Wellness Toolbox**
2. **The Wellness Recovery Action Plan:** 
   * + **Daily Maintenance Plan**
     + **Triggers & Triggers Action Plan**
     + **Early Warning Signs & Early Warning Sign Action Plan**
     + **When Things Are Breaking Down & When Things Are Breaking Down Action Plan**
     + **Crisis Plan**
     + **Post Crisis Plan**

**4. The Recovery Topics:**

* + - **Building Self-Esteem**
    - **Changing Negative Thoughts to Positive Ones**
    - **Peer Support**
    - **Work Related Issues**
    - **Trauma Recovery**
    - **Suicide Prevention**

**Additional Issues**

* **Living Space**
* **Lifestyle**
* **Motivation**