

Wellness Recovery Action Plan

What is a WRAP?

The Wellness Recovery Action Plan is a framework with which you can develop an effective approach to overcoming distressing symptoms, and unhelpful behaviour patterns. It is a tool with which you can get more control over your problems. WRAP is for anyone, any time, and for any of life's challenges.

Five key principles of WRAP

- **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/social inclusion:** while working towards your wellness is up to you, having interaction with others is also key. Receiving support from others, and giving support to others, will help you feel better and enhance the quality of your life.

The seven sections of WRAP

1. **Wellness Toolbox** - a list of things that keep you well and those you need to avoid.
2. **Daily Maintenance** - what you are like when you're well, things you need to do to stay well.
3. **Triggers** - external events or circumstances that may make you feel less well.
4. **Early Warning Signs** - internal signs of change that indicate you are becoming less well.
5. **When Things Are Breaking Down** - Feelings and behaviours that indicate to you are becoming less well.
6. **Crisis Plan** - a plan telling others how you would like to be cared for when you can't care for yourself.
7. **Post Crisis Plan** - a plan of how others will know when they no longer need to take over your care.

Wellness Toolkit – things you do which keep you well (i.e. eating food you like, going for walks, spending time with your children, regular massage, meeting friends, socialising)

Daily Maintenance Plan – what do you need to do each day to keep you well (i.e. regular meal times, wash, take dog for a walk, housework, buy food, cook, interaction with others) are there weekly, monthly activities that help towards that plan?

Triggers – what are the external events or circumstances that are likely to set off a chain reaction of uncomfortable or unhelpful behaviours, thoughts or feelings. What can you do to avoid them and how do you cope with them if they happen?

Early Warning Signs – what are the subtle signs of changes in your thoughts, feelings or behaviour, which indicate that you may need to take action to avoid a worsening of your condition

When Things are Breaking Down – how do you think, feel and behave when the situation has become uncomfortable, serious or even dangerous. How would you notice that things are starting to become worse?

Crisis Plan– what could you do if you don't catch things early enough and you find you are really unwell (i.e. symptoms, supporters, medication, treatments, care, help from others)

Post Crisis Planning – a plan of how others will know when they no longer need to take over your care. Plus what have you learnt about yourself, what needs to change in your WRAP plan going forward.