

# Wellness Recovery Action Plan (WRAP)

**WRAP** is a wellness process that anyone can use. It helps you figure out what you need to do to stay well, signs that you're not doing well, and what to do when it becomes a crisis.

## WRAP Key Concepts

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

## Wellness Toolbox

Things I have done in the past, or could do, to help myself stay well or feel better.

## Daily Maintenance Plan

### Picture of Wellness

What I'm like when I'm feeling well.

### Daily Maintenance List

What I need to do daily to maintain my wellness.

### Back Up Plan

Essential tasks I will still do when I am not feeling well.

### Supplemental List

Things I may consider doing to maintain my wellness.

### Dreams & Goals

What I hope for and steps to get there.

### Triggers & Action Plans

External things that may make me feel badly, upset, or uncomfortable, and what I will do if they come up.

### Early Warning Signs & Action Plans

Subtle internal signs that may indicate I need to take action, and what I can do to help reduce or eliminate them.

### When Things Are Breaking Down & Action Plan

Signs that mean things have worsened and I may be close to crisis, and what I can do to help distress from increasing or to make it decrease.

### Crisis Plan

The signs that I am in crisis, and how others can assist me to move through it.

### Post Crisis Plan

Planning for getting over a hard time and working towards feeling well.