

Wellness Recovery Action Plan (WRAP)

Presented by:

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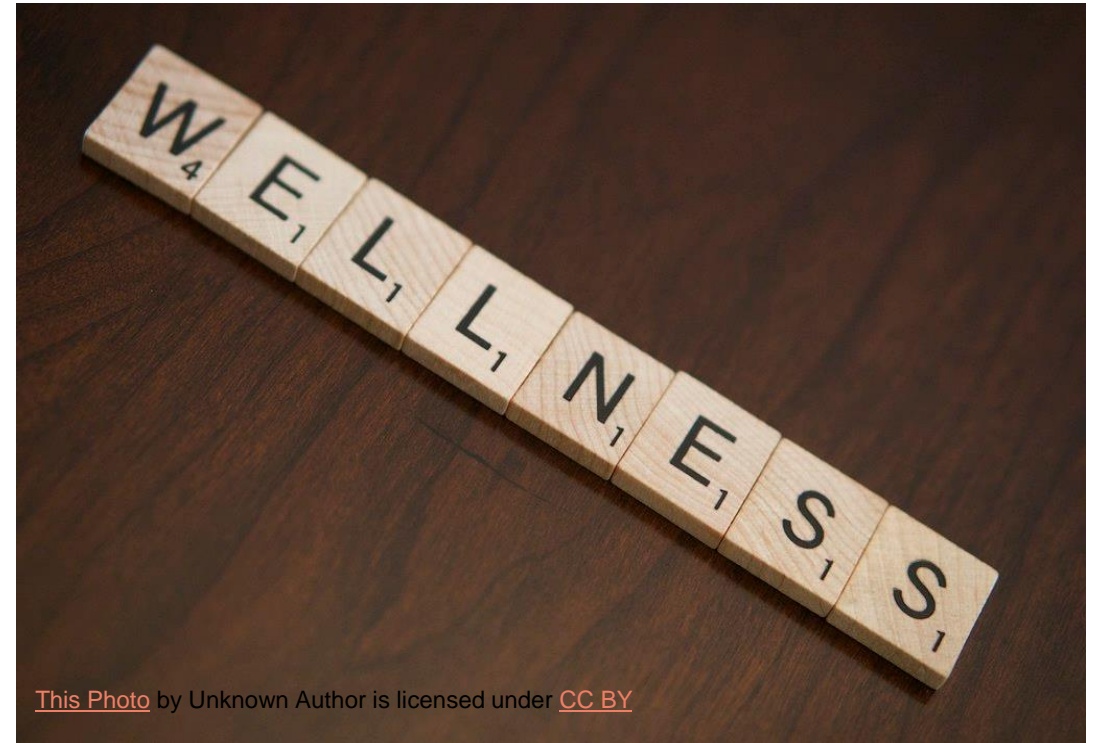
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Fozia Murtaza



5 Key Concepts of WRAP

- 1) Hope
- 2) Personal Responsibility
- 3) Education
- 4) Self-Advocacy
- 5) Support



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Hope

- ♦ The belief that we can get well, stay well, and go on to fulfill our dreams and goals. When we consider what hope means to us, we can also consider ways to increase hope in our own lives.
- ♦ What inspires hope for you?

Personal Responsibility

- ♦ It's up to each of us to take action and do what needs to be done to stay well. We get to decide what personal responsibility means to us and the steps we want to take to be responsible for ourselves and our wellness.
- ♦ Personal Responsibility is NOT about accepting blame for the bad things that happen, rather it is about finding ways that we can be responsible for our own wellness and symptom management.

Education

- Learning all we can about what we are experiencing helps us make good decisions about all parts of our lives. We can each define education for ourselves and explore steps we want to take to learn more in any area.
- What are the resources we use for learning or obtaining new information?



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Self-Advocacy

- ♦ Reaching out to others and expressing our needs helps us get what we need, want, and deserve to support our wellness and recovery. We can determine for ourselves how we want to self-advocate in different areas of our lives, including how we want to communicate our needs and preferences to others.

Support

- ◆ Receiving support from others, and giving support, will help us feel better and enhance our quality of life. We get to decide what support means to us, what we look for in supporters, and how we want to provide support as well as how we want to receive it.
- ◆ Having more than one supporter is instrumental in building a good and functional support system. Supporters can come in the form of family members, friends, colleagues and professionals.
- ◆ WRAP states it is important to have at least 5 supporters.



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Sections of WRAP

Wellness Tools

- ♦ Wellness tools are the things you do to keep yourself well and the things you do to help yourself feel better when you're not feeling well. Most wellness tools should be simple, free and non-invasive.



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- ♦ **Example Categories of Wellness Tools**
- ♦ *Creativity/Journaling*
- ♦ *Nurtition*
- ♦ *Exposure to light*
- ♦ *Sleep*
- ♦ *Adjusting/Securing the environment*
- ♦ *Daily planning*
- ♦ *Spiritual practices*
- ♦ *Physical activities*
- ♦ *Diversionary activities*

Daily Maintenance Plans

- What does it look like when I'm well?
 - A key part of any maintenance plan is knowing what exactly it is you are working to maintain. To that end, it becomes very important to know what it looks like when you're feeling well.
 - What characteristics do you exhibit when you're feeling well?
- What do I need to do.....
 - **Daily:** *morning, evening routines, check calendar, hygiene routine, quick tidies*
 - **Weekly:** *grocery shopping, change bedding, deeper cleaning of home*
 - **Monthly:** *Budgeting, bill paying, out for dinner with friends*
 - **Occasionally:** *Road trip, vacations, book a massage, go to the salon*
 - In order to keep myself well?



Stressors & Action Plans

- A stressor is an **external** factor that can throw you off balance. Even when you have been taking good care of yourself in every way possible. Stressors can have an impact on our wellness. Every person experiences stressors; and when they occur, it can be difficult to coordinate your life.

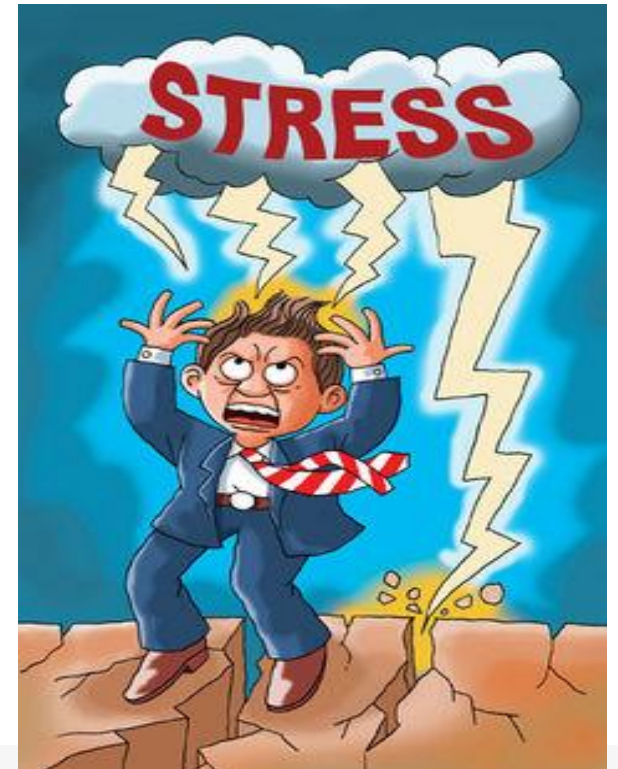
- Stressors are **not** in your control.

Action Plans:

- Since stressors are often recurring, they can become more manageable if we plan-ahead for them. Creating an action plan for stressors that we have identified as points of concern can support us in being better prepared to manage presenting situations. For example, if finances are a stressor, creating and following a budget is a good action plan.

Things that can cause stress:

- *Finances*
- *Changes in weather*
- *Traffic*
- *Loss of a loved one*
- *Deadlines*
- *Toxic people*



Early Warning Signs & Action Plans

- Early warning signs are **internal** and may be unrelated to stressful situations. They are subtle signs of change that you may need to take further action.
- Early warning signs are **subtle**. Although we are aware we are experiencing them, others often are not.
- **Action Plans:**
- Once we know our early warning signs, we can implement an Action Plan that can help us restore our optimal wellness before symptoms become difficult to manage. For example, if increased anxiety is an early warning sign, action plans may include deep breathing exercises, grounding techniques or journaling.

- Possible early warning signs
- *Increased anxiety*
- *Fatigue*
- *Sleep disturbances*
- *Headaches*
- *Gastrointestinal issues*



When Things are Breaking Down/Getting Worse & Action Plans

- ♦ At this stage, signs of change are **less subtle** and may be **noticeable** to others. You can still take action on your own behalf and it is still possible to avert crisis and return to wellness.
- ♦ **Action Plan:** While symptoms may have increased in quantity and severity, we still have an opportunity to improve our wellness and stop things from breaking down further. Developing and implementing an action plan at this point may make recovery quicker and less intense. For example, if we are experiencing dissociation, we can utilize grounding techniques to support ourselves in recovering.
- ♦ **What it could look like when things are breaking down**
- ♦ *Self-harm*
- ♦ *High risk behaviours*
- ♦ *Depression*
- ♦ *Total withdrawal*
- ♦ *Dissociation*

Crisis Planning

- **There are 9 parts to a Crisis Plan**
- Part 1 – What I'm like when I'm feeling well
- Part 2 – What crisis means to me
- Part 3 – Supporters
- Part 4 – Medication
- Part 5 – Treatments & Complementary Therapies
- Part 6 – Home/Community/Respite Care
- Part 7 – Treatment Facilities
- Part 8 – Help from others
- Part 9 – Deactivating the plan
- It is important to define what “crisis” means to you.
- What are the signs you will need your supporters to take over your care?
- What supporters are assigned which responsibility?
- It is important to note that finding yourself within a crisis is **NOT** a failure. Everyone finds themselves in crisis from time to time. What **IS** important, is to understand that having a crisis plan in place that was created when the individual was feeling well allows the individual to maintain control of the decisions being made on their behalf. This allows individuals to guide their own outcomes throughout every step of the process.
- The Crisis Plan can be shared with one other individual/supporter who can help the individual execute the crisis plan and alert the other supporters that it is time for them to assume short-term responsibilities on behalf of the individual.

Post Crisis Planning

- During the Post Crisis phase it is important to be kind to ourselves. It is important to understand that not allowing ourselves time and space for self-care during this period can cause us to fall back into a crisis.
- While we may begin resuming responsibilities from our supporters at this time, it is important to note what needs to be done immediately and what things can wait until we feel more recovered from the crisis.
- This is a reflective period. What changes would we like to make to our WRAP during this time? Do we have new lifestyle goals? WRAP goals?

That's a
WRAP

