



Wellness Recovery

-Action Plan-

Introduction

The Wellness Recovery Action Plan (WRAP) is an evidence-based program developed in 1997 by Mary Ellen Copeland of The Copeland Center.

WRAP is a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

- Discover simple, safe, and effective tools to create and maintain wellness
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life.

The point is to develop a plan to get well and stay well.
Remember: Wellness is Intentional!

Elements

1. Foundations of Wellness
2. My Wellness Toolbox
3. Daily Plan
4. Stressors
5. Early Warning Signs
6. Breakdown Plan
7. Crises Plan
8. Implementing Your Action Plan

As you develop your WRAP, it can become a practical support for your recovery, which you can refer to daily as a reminder and guide and turn to at times of difficulty and struggle.



Foundations of Wellness

Eight Dimensions of Wellness

Wellness encompasses eight mutually interdependent dimensions. Attention must be given to each dimension as neglecting any one will adversely affect others.

Rarely are they equally balanced in time and energy, instead you have to consider the phase they are in and the dimensions that are most directly impacted,

The goal is to strive for a personal harmony that balances you and feels authentic.

We naturally have our own priorities, approaches, and aspirations, including our own views of what it means to live life fully.

Eight Dimensions of Wellness

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- **Physical**
 - Clean/Sober
 - Well-rested
 - Fed/hydrated
 - Well-groomed
 - **Emotional**
 - Stable
 - Grateful
 - Present
 - Secure
 - **Intellectual**
 - Seeking Self-improvement
 - Reading
 - Practice a current skill
 - Studying a new subject
 - **Spiritual**
 - Connected
 - Gratitude
 - Acceptance
 - Helping others
 - **Social**
 - Healthy communication
 - Staying engaged
 - Work/Life balance
 - Sober network
 - **Environmental**
 - Clean living space
 - Fridge/Pantry stocked
 - Phone/Internet access
 - Access to transportation
 - **Occupational**
 - Employed
 - Time management
 - Can support quality of life
 - Leaving work at work
 - **Financial**
 - Bills are paid
 - Feel comfortable and stable
 - Aware of spending
 - Regularly checking bank accounts

My Wellness Toolbox

A wellness toolbox is a set of activities, tasks, people, or strategies we can use to increase our wellness when we need to do so.

They can be helpful things you have done in the past or something experimental that you believe you might enjoy.

You can always edit the list - the more wellness tools you have - the better.

Qualities of a Strong Wellness Tool

Enjoyable: It should be something you want to do.

Healthy: Wellness tools should support your overall health.

Intentional: Wellness is intentional. It is a result of our actions and inactions. Including items that require other people to take the initiative can backfire on you.

Attainable: Most wellness tools should be things that are easily accessible to you. While visiting theme parks can be enjoyable, it can be difficult to do daily.

On the other hand, going for a walk, taking a shower, or speaking with a friend are all easily accomplishable.

Five Key Concepts of Wellness

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- Support
 - Recovery Programs
 - Friendships
 - Support Groups
 - Hope
 - Openness
 - Prayer
 - Family and Fellowship
 - Creativity
 - Responsibility
 - Self-Care
 - Accountability
 - Medication
 - Hygiene
 - Coping Skills
 - Self-Advocacy
 - Awareness
 - Confidence
 - Boundaries
 - Honesty
 - Using Your Voice
 - Education
 - Sponsorship/Mentor
 - Therapist/Doctor
 - Online Classes
 - Reading
 - Local Events

Daily Plan

Knowing what we look like when we are at our best can help us identify what best supports our wellness.

What am I like on my best day? How do I feel and look, and how does my life look?

What does hope mean to me?

Where do I find hope?

Daily Plan

When do I know I'm taking responsibility?

What does education mean to me?

How do I increase self-advocacy in my life?

When have I advocated for myself in the past?

Daily Plan

What does support mean to me?

How do I increase support in my life?

What are the qualities I look for in a supporter?

What are the qualities I need to avoid in a supporter?

Sample Wellness Toolbox

Physical	Sleep, food, sobriety, exercise, doctor visits, getting outside, yoga
Emotional	Time with friends, music, movies, alone time, therapy, driving
Intellectual	Reading, playing games, documentaries, taking classes, learning new skills
Spiritual	Prayer, meditation, service to others, support groups
Social	Time with friends, travel, recovery meetings, phone, texting
Environmental	Cleaning, organizing, washing car, hiking, bird watching
Occupational	Job, continuing education, mentoring others

Things I Can Do Daily to Stay Well

Create a list of things you can do to stay well. This should include activities that are proven to be helpful to you but will not harm you if you miss them occasionally. This can include things like exercising or taking a nap.

Here are a few examples:

- Exercise
- Take a bath
- Take a nap
- Get outside
- Clean my living space
- Read a book
- Listen to a podcast
- Spend time with a pet
- Attend a recovery meeting
- Make a gratitude list

Things I MUST Do Daily to Stay Well

Create a list of things you **MUST** do to stay well. This can include things like getting enough sleep, taking medication, or interacting with other people. This list should be limited to things you must truly do every day.

Here are a few examples:

- Stay clean and sober
- Sleep 7 hours daily
- Eat at least 2 meals
- Take medication
- Pray
- Manage my hygiene
- Avoid self-harm
- Talk to another human

This image shows a full page of handwriting practice paper. It features ten sets of horizontal dashed lines, evenly spaced from top to bottom. The background is a solid light pink color. There are no margins, text, or other markings on the page.

The background of the slide is an abstract watercolor-style illustration in various shades of blue. It features a large, central, irregularly shaped watercolor blotch. Surrounding this central area are numerous smaller, darker blue splatters and dots of varying sizes, creating a textured, dynamic effect. The overall composition is centered and fills most of the frame.

Stressors

Stressors

Stressors are external events or circumstances that, if they occur, may make you uncomfortable or even cause harm. Review the Eight Dimensions of Wellness and identify stressors that exist in each dimension for you. Stressors are not always bad (receiving a compliment from another person can be pleasant), but they can potentially make us feel scrutinized or self-conscious about our appearance.

Create a list of your specific stressors in each dimension of wellness, Here are some examples:

Physical

- Illness
- Anxiety
- Poor diet
- Fatigue

Intellectual

- Politics
- Opinions
- Professional Knowledge
- Jargon

Emotional

- Fear
- Conflict
- Feeling less than
- Irritability

Spiritual

- Judgment
- Avoiding Responsibility
- Rationalizing poor behavior
- Compromising integrity

Stressors

Social

- Expectations of self and others
- Keeping commitments
- Feeling attacked
- Conflict

Occupational

- Lack of clear direction
- Difficult customers or clients
- Policy changes
- Coworker conflicts

Environmental

- A clean living space
- Sharing space
- Caring for pets
- Keeping food stocked

Financial

- Bills
- Unexpected expenses
- Debt
- Credit score

1.

Stressors

2.

3.

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Stressors

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Stressors

7.

8.

Stressors

What actions can you take to respond to stressors? Below are some examples:

- Exercise
- Take a bath/shower
- Yoga
- Remove myself from situation
- Pray
- Drink water and have a snack
- Breathing exercises
- Attend recovery meeting
- Call sponsor or mentor
- Take a walk

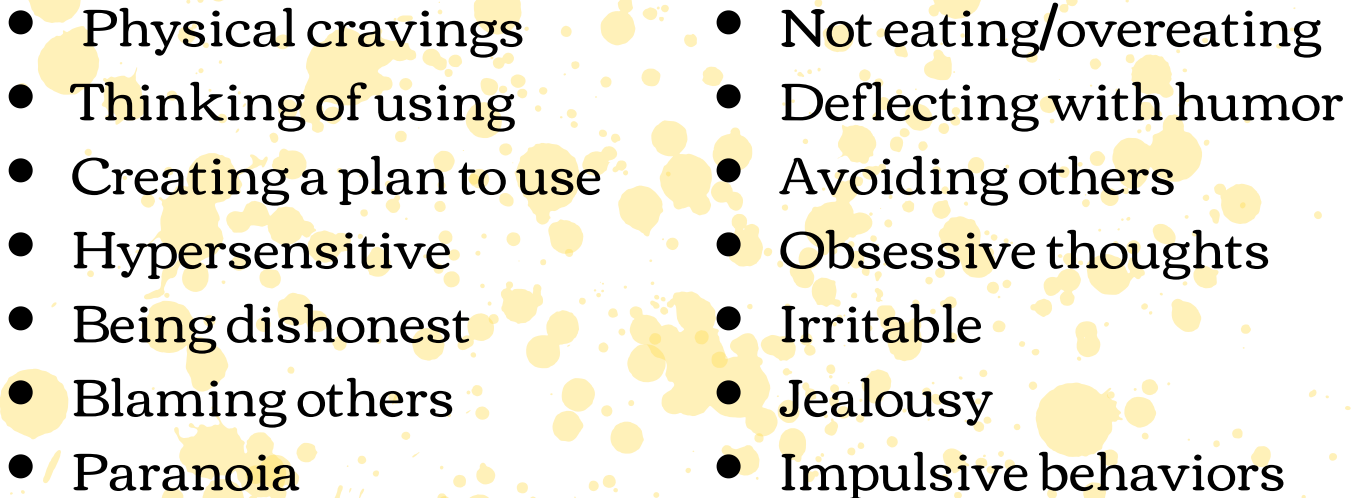
A blue watercolor background with horizontal dashed lines. The background features a soft, painterly texture in shades of light blue and white. Overlaid on this are ten horizontal dashed lines in black, spaced evenly across the page, resembling a notebook or a template for writing.

Early Warning Signs

Early warning signs are internal reactions that occur in response to a stressor. Early warning signs are often not apparent to others. Think of physical symptoms you may experience, such as a racing heartbeat, insomnia, or increased/decreased appetite.

Early Warning Signs

Create a list of your early warning signs. Here are a few examples:

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- Physical cravings
 - Thinking of using
 - Creating a plan to use
 - Hypersensitive
 - Being dishonest
 - Blaming others
 - Paranoia
 - Not eating/overeating
 - Deflecting with humor
 - Avoiding others
 - Obsessive thoughts
 - Irritable
 - Jealousy
 - Impulsive behaviors

A decorative background featuring horizontal dashed lines and scattered yellow and orange splatters. The splatters vary in size and are distributed across the white background, creating a textured, artistic effect.

Respond to Early Warning Signs

Create a list of actions to respond to your early warning signs. Here are a few examples:


- Contact my support network
- Identify the source of stress
- Journal
- Speak to my sponsor or therapist
- Use a wellness tool

Signs That Things Are Breaking Down

There are signs that we are not using our wellness tools. Unlike early warning signs, signs of breakdown are typically apparent to others. They can include difficulties in communicating, lack of personal hygiene, or failure to adhere to a regular schedule.

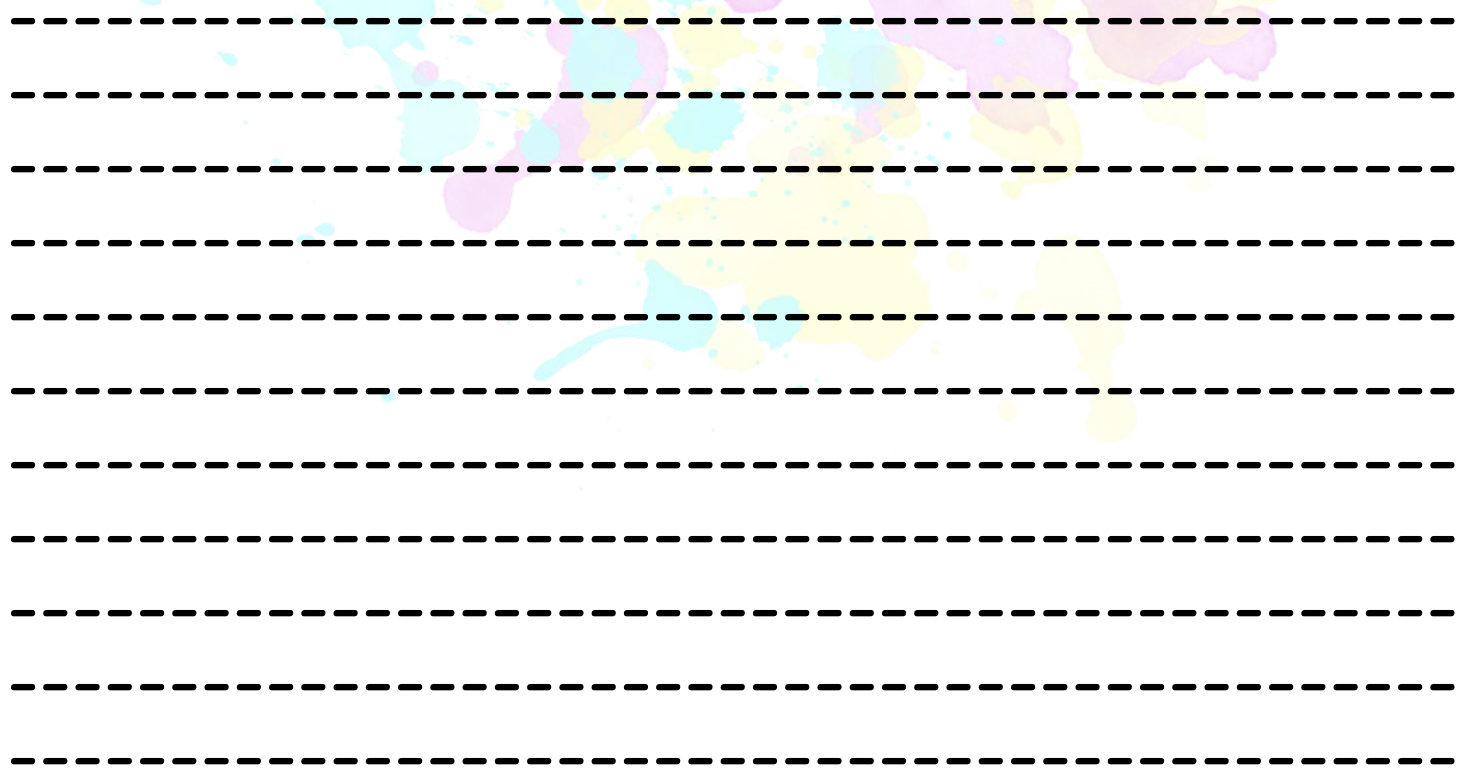
Breaking Down

Create a list of your signs that things are breaking down, Here are a few examples:

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- “I don’t need recovery.”
 - Not sleeping
 - Not eating
 - Screaming at others
 - Warped sense of reality
 - No regard for personal safety
 - Avoiding eye contact
 - Refusal or inability to speak
 - Overdraft bank account
 - Being kicked out of home
 - Getting fired from job
 - Talk of self harm

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things breaking down:

- 



Crisis Plan

A crisis plan comes into play when our behavior endangers ourselves or others. At this stage we are actively engaging our larger support network to help us; it is the most extreme stage and often requires our support network to take over the decision-making process. The crisis plan is what we use in the event of relapse or mental breakdown. Our crisis plan is NOT a time to experiment with new methods - the plan should consist of those things that are proven to work for us.

Sample Crisis Plan

Signs of Crisis

- Actively using drugs or alcohol
- Actively practicing self-harm
- Not coming home
- Abusive to pets
- Nonverbal
- Theft
- Unsafe driving
- Gettings arrested
- Getting rid of belongings
- Breaking things
- Not answering phone
- Dissociated while others speak

Sample Crisis Plan

If my behavior endangers me or others, I want my supporters to:

- Affirm that they love me
- Affirm that they are here to help
- Inform me of the endangerment
- Take my keys, wallet, phone
- Admit me to detox or the hospital
- After detox/hospital, take me to a place where I get support and care 24/7 for at least 3 days
- Ensure that I am getting rest
- Ensure that I am eating healthy
- Ensure that I am attending recovery meetings daily

Sample Crisis Plan

I want the following people to support me:

Name	Relationship	Contact	Role/Task
	Friend		First Contact
	Sponsor		Intervention
	Family		Work Matters
	Friend		Pet care
	Therapist		Intervention

Sample Crisis Plan

In case of a dispute between supporters:

- Majority rules!

The following people should not be involved in support:

- Thomas
- Adam
- Karen
- Erika

Institutions I do not want involved:

- ABC Detox (previous conflicts)
- XYZ Recovery (bad policies)

Treatments I do not want:

- Narcotic medications
- SSRIs

What's In a Crisis Plan

What do I look like when I am well?

Describe the symptoms or actions that would indicate to others that they need to take over responsibility for your care and make decisions on your behalf.

What's In a Crisis Plan

Make a list of the people you would like to take over for you as supporters when the symptoms you've listed manifest. This may include family, friends, or healthcare professionals. It is good to have at least five supporters.

There may be people you do NOT want to be involved in a crisis in your life. List those people below.

What's In a Crisis Plan

If there is a disagreement between your supporters,
how would you like it resolved?

What things will make you feel better and get back
to wellness?

What's In a Crisis Plan

What things will NOT help and may make you feel worse?

Describe the symptoms, lack of symptoms, or actions that will indicate that your crisis plan no longer needs to be used.
