

# Wellness Recovery Action Plan

## WRAP

### Underlying Mental Health Recovery Concepts

- Hope
- Education
- Personal Responsibility
- Self- Advocacy
- Support/Connection
  - trauma-informed, anti-oppression approach
  - attention to physical health – exploring medical causes for symptoms
  - being knowledgeable and in control of medication management

### Self-Help Wellness Tools

- peer counselling
- focusing exercises
- relaxation and stress reduction techniques
- journalling
- diversionary activities
- controlling stimulation
- nutrition
- exercise
- sleep
- daily planning

### Developing a Personal Plan

- daily maintenance plan
- identifying & responding to triggers and PLAN
- identifying & responding early warning signs of increased difficulty & PLAN
- identifying signs – situation has worsened – PLAN
- effective crisis PLAN or advanced directive
- post-crisis planning

### Exploring Issues that Affect Wellness

- changing negative thoughts to positive ones
- building self-esteem
- suicide prevention
- reducing effects of trauma
- developing a lifestyle that enhances wellness