

# WELLNESS RECOVERY ACTION PLANNING

## What is Wellness Recovery Action Planning (WRAP)?

- A workshop for people who experience psychiatric symptoms and for those who care about them
- Presented by peers who have been trained to assist others in facilitating an individual plan for recovery
- One of the goals of the WRAP workshop is to introduce and develop peer-to-peer relationships which may promote support in difficult times

## Topics

Empowerment/Responsibility  
Developing a Wellness Recovery Action Plan  
Taking Preventative Action Early  
Diet, light, and exercise  
Changing negative thoughts to positive ones  
Taking responsibility for wellness  
Stress reduction and relaxation methods  
Building self-esteem and self-confidence  
Developing and keeping support systems

## A Peer Support Specialist will assist in developing a WRAP book, which will

Identify a Wellness Toolbox  
Develop a daily maintenance plan  
Identify triggers  
Understand “early warning signs”  
Identify when things are “breaking down”  
Develop an individual Crisis Plan and Post Crisis Plan  
Develop a support system  
Enjoy fun and creative activities  
Teach coping skills