

## WELLNESS RECOVERY ACTION PLAN™

Wellness Recovery Action Plan™ (WRAP) is a self-management and recovery system developed by a group of individuals diagnosed with mental illness struggling to incorporate wellness tools and strategies into their lives. WRAP is a structured pre-planned system used to monitor uncomfortable and distressing symptoms which helps reduce, modify or eliminate difficult symptoms by using prearranged responses. Plans incorporate how individuals want others to respond when symptoms have made it impossible for the person to temporarily continue to make decisions, take care of basic needs or keep themselves safe. WRAP is designed to 1) decrease and prevent intrusive or troubling feelings and behaviors 2) increase personal empowerment 3) improve quality of life 4) assist people in achieving their own life goals and dreams. The WRAP Plan is a self-designed prevention and wellness tool that individuals can use to get well, and stay well. WRAP is for anyone, any time, and for any of life's challenges" (Mary Ellen Copeland).

### Resource Links:

- 1) <https://copelandcenter.com/wellness-recovery-action-plan-wrap>
- 2) <http://www.workingtogetherforrecovery.co.uk/Documents/Wellness%20Recovery%20Action%20Plan.pdf>