

#### What is a WRAP

WRAP is the **Wellness Recovery Action Plan**<sup>®</sup>, originally created by Mary Ellen Copeland.

WRAP helps you develop real tools you can use to manage your physical and mental health to change your life. It is based on

- Hope
- Personal Responsibility
- Self-advocacy
- Support
- Education

## **Elements of a WRAP**

- What are you like when you're well?
- Wellness Toolbox-things you can do to stay well.
- Daily Maintenance Plan—things you commit to doing daily to stay well.
- Triggers and how to cope—what throws you off balance and how to manage this.
- Warning signs and action steps.
- When things break down what to do and how to get back on track.
- Crisis Plan how to stay in charge when a crisis does happen.
- Post Crisis Plan.

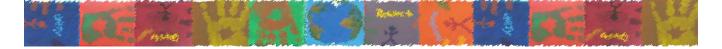
### **Benefits of a WRAP**

- It fills your life with hope.
- It's personalized and unique to you.
- It gives you a voice—you're in charge at all times.
- It's easy to understand.
- You create it in a supportive environment.
- It's flexible to meet your needs make changes anytime.
- It helps you learn new ways to solve old problems.
- It provides you with a social peer network.
- You'll learn new ideas for fun and relaxation.

## How has a WRAP helped others?

"Now I have some tools to help me plan for what to do. By using my Daily Maintenance Plan and the Wellness Tools, I know that I will make good decisions for myself. " - Eva M. "The BEST thing I learned was how to let go of my anger. I visualize a helium balloon stuffed with all my anger, letting go of the string and watching it fly into the air. When I find myself getting mad I think "JUST LET GO." It works most of the time. I feel like WRAP saved my life! God only knows what would have happened to me if I didn't learn how to make plans and find some coping tools." - G.G.

" I love it. This is my 2<sup>nd</sup> time writing a WRAP. This time I am developing one for work. I am looking at what I am responsible for and what I am not responsible for. Taking Personal Responsibility is one of the concepts I am really working with right now in my life." - W.B.



Tired of feeling like

you have to start

all over again?

Take control of

your life - with

WRAP!

# What are you waiting for? Start living well now!

Join a WRAP Group and create your personal WRAP today.

#### Space is Limited!

Ask your Mental Health Provider or contact Behavioral Health and Recovery Services' **Office of Consumer and Family Affairs** Call (800) 388-5189

> to find a WRAP group happening near you.





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Learning to Live Well