



# WELLNESS RECOVERY ACTION PLAN

Five Key Concepts to Guide  
Your Path to Wellness!



 SPECIAL PUBLICATION



## What Is WRAP?

Wellness Recovery Action Plan (WRAP) is a simple, powerful prevention and wellness process that anyone can use to get well, stay well, and deal with any situations or challenges in life. People around the world use this evidence-based, self-directed wellness tool for everything from depression or mental illness to health issues, life challenges and transitions, addictions, and more.

### With a personal 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 create a plan to keep moving forward;
- Build a network of supporters;
- Make your own wellness decisions and action plans, even in a crisis;
- Heal and return to wellness after a crisis; and
- Live your best life!

In honor of Mental Health Action Day, we offer this set of self-reflections based on the five key concepts of WRAP.

## The Five Key Concepts of WRAP

- Hope
- **Personal responsibility**
- **Education**
- **Self-advocacy**
- **Support**

# Key Concept #1: Hope

Hope is the belief that we can get well, stay well, and go on to fulfill our dreams and goals—for everything from depression or mental illness to health issues, life challenges and transitions, addictions, and more. When you figure out what hope means to you, you can think about ways to increase hope in your life.



**How do you define hope?**

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**What is one of your hopes for your life this year?**

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**Name two steps you can you take to make this hope a reality.**

1. 

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2. 

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**What are three small ways to increase hope in your life each day or week? Be as specific as possible! Even small things, such as keeping a gratitude journal or listening to a song that inspires you, can increase hope.**

1. 

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2. 

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3. 

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## Key Concept #2: Personal Responsibility



We all need to take responsibility for our personal wellness. To stay well, you may need support from providers, family, or friends, but the action plan is yours! You decide what personal responsibility means to you and what steps you want to take to be responsible for your wellness.



**What does personal responsibility mean to you in relation to wellness?**

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**Sometimes fear, emotional or physical limitations, time, sadness, anxiety, or other challenges stop us from taking personal responsibility for our wellness. In these times, we may lose hope and stop taking steps to stay well. What are two things that make it more challenging to take responsibility for your wellness?**

1. 

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2. 

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**What are two action steps you can take to overcome those challenges?**

1. 

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2. 

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## Key Concept #3: Education

Learning all we can about our experiences helps us make healthy decisions. You can explore steps you want to take to learn more about any area of mental health and wellness.



What mental health and wellness topic(s) would you like to learn more about?

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How can that education and knowledge help you?

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What three steps will you take in the next month to learn more about the topics that interest you?

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## Key Concept #4: Self-Advocacy

Reaching out to others and expressing our needs helps us get what we need, want, and deserve to support our wellness and recovery. You can decide for yourself how you want to self-advocate in different areas of life, including how you want to communicate your needs and preferences to others.



**What does self-advocacy mean to you?**

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**In what areas of your mental health or wellness would you like to become a better self-advocate?**

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**What challenges do you have in advocating for yourself?**

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**It's difficult for many people to ask for help or set boundaries, and it may take practice. What are two simple ways you can start communicating your needs and preferences to others about your mental health and wellness?**

1. 

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2. 

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## Key Concept #5: Support

Receiving support from others, and giving support, helps us feel better and enhances our quality of life. You get to decide what support means to you, what you look for in supporters, and how you want to provide and receive support.



**Who supports you with your wellness? If you can't think of anyone, describe the type of person you'd like to find to be a supporter.**

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**What are two types of support that would help improve your mental health and wellness?**

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2. 

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**What are three ways you can build a stronger support system?**

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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**What are two ways you can be a support to others in their wellness journeys?**

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2. \_\_\_\_\_

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# Start Your Journey to Wellness Today!

Whatever your goals or challenges, you can use WRAP to make action plans that help you get well, stay well, and recover after a crisis.

It's an act of hope and strength to help yourself—and there's a whole WRAP community ready to help too!

WRAP isn't an expensive plan or medical treatment; it's a simple written plan that **you** create, manage, and share with your supporters (when you want).

A core WRAP belief is that there are **no** limits to recovery and wellness. Wellness looks different for everyone, because we are all unique and have differing life challenges.

For more than 20 years, people around the world have used WRAP to support their goals and transform their lives. Thousands of people have used WRAP to help themselves stay well through every type of life challenge.

However you define wellness for your life and challenges, WRAP can help you achieve it—step by step, your way, and on your terms.

## WRAP can help you. . .



- Shape every aspect of your life the way you want it to be
- Gain freedom from troubling thoughts, behaviors, or patterns that repeat in your life
- Feel empowered in making decisions about your life
- Build a strong support network of people and resources to help you reach your goals

## Here are some ways to join the international WRAP community or learn more:



Website, blogs, and member forums (<https://www.wellnessrecoveryactionplan.com>)



Monthly newsletter (<https://www.wellnessrecoveryactionplan.com/newsletter/>)



Facebook group (<https://www.facebook.com/WRAPYourWellnessYourWay>)



WRAP workshops (<https://copelandcenter.com/events>)



Free [Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection](#)

*You have more control over your future wellness and improved mental health than you may realize.*

*Take a step today toward improving your wellness, your way, on Mental Health Action Day!*

