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Wellness Recovery Action Plan

Mary Ellen Copeland

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Wellness Recovery Action Plan Mary Ellen Copeland
This book is a popular personal guide to developing a Wellness Recovery Action Plan (WRAP). Adults and older teens who are working on recovery benefit from having their own copy. Agencies can purchase them for distribution to people in WRAP groups who are working with a care provider on developing a WRAP or who are working on their own to develop a WRAP. This book has broad applicability and is used world-wide as a basis for recovery. It has been adapted for many uses and translated into many different languages. Learning self help skills for dealing with physical and emotional discomfort can be simple ... but it's a much greater challenge using self help methods during the most difficult times - when they can help the most - and incorporating them into daily life. This book presents a system developed and used successfully by people with all kinds of physical, emotional and life issues. It has helped them use self help skills more easily to monitor how they are feeling, decrease the severity and frequency of difficult feelings, and improve the quality of their lives. This book helps people: ? develop their own list of activities for everyday well-being ? track triggering events and early warning signs ? prepare personal responses for when they are feeling badly ? create a plan for supports to care for them if necessary. Included in this very accessible guide is information on developing a support system, using peer counseling, focusing, creative activities, journaling, music, diet, exercise, light, relaxation, and getting a good night's sleep. Using the Wellness Recovery Action Plan, self-management in difficult times becomes possible and practical.

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