

WRAP and Loneliness

WRAP Plan



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mentalhealthrecovery.com



Using WRAP to Develop a Strong System of Support

•WRAP

- Wellness Toolbox
- Daily Maintenance Plan
- Triggers and action plan
- Early warning signs and an action plan
- When things are breaking down and a action plan
- Crisis Planning
- Post Crisis Planning



Using WRAP You Decide

When you develop it
How long you take
What you put in it
When you revise it
How you use it in your life

Wellness Tools



- Acting cheerful until I really feel it
- Singing to God, dance to the radio, listening to a favorite CD, practice laughing out loud
- Meditate or pray
- Keep busy doing something I consider useful, productive and has a sense of accomplishment
- Have a good cry
- Call a friend who is upbeat and cheerful
- Go out to dinner with someone who is positive
- Go to a movie

Wellness Tools



- Do something creative
- Read
- Focus my attention on self esteem and enjoy my time alone
- Making a list of things I could do during my times alone that would keep me from feeling lonely
- Reconnecting with family
- Connect and being with supporters (friends, family, colleagues, peers, health care providers neighbors)
- Knowing loneliness doesn't have to exist

Wellness Tools

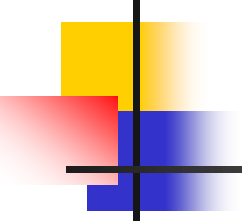


- Help Others
- Write a letter
- Send a card
- Send an e-mail
- Write in my journal
- Do a task and be happy I did it
- Swim an hour as many days as possible
- Mutuality
- Beginning and maintaining relationships
- Organizing files for self and others
- Gardening



Wellness Tools

- Volunteering
- Work
- Join a support group
- Peer Counseling
- Go to interesting things in the community
- Commit yourself to learning and to improving your life
- Working on writing my book
- Go to sport games
- Creative arts
- Pet therapy
- Rock in silence



What I am like When I am Well

- Not calling supports and friends too much
- Not isolating
- Helping others
- Going swimming with friend
- Going to my support group
- Having people over for a meal
- Talk to neighbors
- Be with people instead of watching too much TV
- Go to church
- Enjoy time alone



What I am Like When I am Well

- Anxiety free
- Happy
- Relaxed
- Outgoing
- Staying active
- Creative
- Patient
- Joking
- Look younger



Daily Maintenance

Which Wellness Tools do you need to use every day to assure that your support system is strong?

- Call at least one friend or family member
- Avoid people who treat me badly
- Have a 5 minute exchange listening session with a supporter
- Spend at least ½ hour doing something fun alone
- Help someone
- Take my medication on time



Daily Maintenance

- Personal hygiene
- Eat
- Get out of bed
- Get sunlight
- Talk to pets



Things I Might Need to Do

- Spend more time with supporters
- Make an appointment with a care provider
- Spend extra time alone
- Plan a special activity with a supporter
- Arrange a meeting for my supporters
- Discuss my Advance Directive with supporters
- Listen and empathize with a friend



Things I Might Need to Do

- Cleaning
- Visit psychologist/therapist
- Shopping
- Take medications
- Stick to a schedule
- Stay organized
- Sexual release



Triggers

- A disagreement with a friend
- Someone treating me badly
- No friends being available
- A friend cancelled time together
- Being judged or criticized
- Ending a relationship
- A difficult phone call
- Not enough time alone



Triggers

- Boredom
- Frustration
- Death of a friend or loved one
- Pain
- Being ignored
- Embarrassment
- Finances
- Politics
- Negative media



Triggers Action Plan

- Use “I” statements
- Respect boundaries
- Talk to a supporter (mainly close friends)
- Exercise with someone
- 1 hour doing something alone I enjoy
- Go to a support group meeting
- Spending time with best friend



Early Warning Signs

- I have less than 5 people on my list of supporters
- I don't want to answer the phone or door
- I'm feeling needy and desperate
- I being impatient with others
- I feel hurt someone can't pay attention to me
- I feel that people don't like me
- I'm depressed



Early Warning Signs Action Plan

- 2 peer counseling sessions
- Call a friend and tell them how I am feeling-ask for ideas
- Ask a friend to go for a walk with me
- Go to a movie by myself
- Do something I do well
- Do something nice for someone else



When Things are Breaking Down

- I haven't reached out to a supporter in 3 days
- I feel no one likes me
- I am rude to someone
- I am very irritable and impatient
- I call supporters too much
- Crying when alone often



When Things are Breaking Down Action Plan

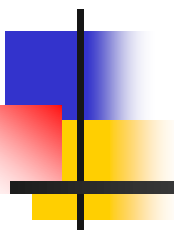
- Have 5 minute check-in with each of my supporters
- Problem solve with supporters
- Have a meal with family
- Use “I” statements
- Treat others with unconditional high regard
- Spend at least 2 hours doing something I enjoy alone



Crisis Plan

- The next section of Wrap is the Crisis Plan or advanced Directive
- You will list indicators that your supporters need to take over for you
- They each have a copy of your crisis plan and know your predetermined directions
- Include in your plan people you don't want to support you at this time

Post Crisis Plan

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- Your support team is a key in your post crisis plan. You may want to review that with them as well.
 - List clearly the people you want to assist and support you through the Post Crisis phase. Be clear about people you need to avoid.
 - Your support team will be crucial as you gradually work toward “Resuming Responsibilities”.



To get the “Loneliness Work Book Go to:
books@mentalhealthrecovery.com

or by phone:1-802-425-3660