WRAP® for Everyday Lives

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WRAP®

- Wellness
- Recovery
- Action
- Plan
What can a WRAP® plan do for me?

- It may help you change the way you feel when you are-
  - Very sad
  - Have pain
  - Hear voices
  - Stressed
  - Angry
What is it?

• It is a plan written (or drawn) by you for you
  ▪ Someone may write it with you, but you tell them what you want in it.
  ▪ It is changed when you want it changed.
  ▪ You decide who to share it with.

• It is a way of life
  ▪ It can be used everyday, all the time
  ▪ No one can tell you that you need to have a plan
It does not-

• Take the place of medicine that is working for you
• Take the place of seeing a doctor or therapist of your choice
Wellness

- Wellness means being able to enjoy life
- Not being sad, angry or feeling ill all the time
- Wellness is feeling good about yourself
- What wellness means is different for everyone
Recovery

• Every day you can work on feeling better
• There are five ideas to help you feel better
  ▪ **Hope** – things will get better
  ▪ **Personal Responsibility** – only you can change how you feel and what you do
  ▪ **Education** – learning all you can about yourself and what works for you
  ▪ **Self-advocacy** – speaking up for yourself, writing or drawing your own plan
  ▪ **Support** – having people that you want to help you in good times and hard times
Action

• Activities you are going to do to make yourself feel better some ideas are:
  ▪ Listen to music
  ▪ Draw pictures
  ▪ Sew
  ▪ Take a shower
  ▪ Take a walk
  ▪ Play with an animal
  ▪ Go to the movies
Plan

• A plan is a writing down or drawing a picture of what makes you feel better and what you will do when you don’t feel good.
• It contains a list of things that make you happy or feel good.
• It has what you need to do when you’re upset, not feeling well
WRAP®: Wellness Recovery Action Plan

Action Plans:

• Good Action Plans set the stage for achieving a goal or goals – it maps out the steps with a detailed schedule of key activities needed to accomplish what you set out to gain.
Why Write a WRAP®?

The intended outcome of writing a WRAP® is to live an everyday life of:

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

- The belief that you can move toward wellness; that improvement is always possible.
- The belief you can go after and reach your goals.
- The belief that you can live a happy and productive life.
Personal Responsibility

- The ability to respond and act with purpose and direction.
- The self-determination to make your own informed choices by exploring a variety of options and choosing the ones that work best for you.
• The process of learning all you can about yourself so you can make wise choices about how you want to live.
• This includes seeking more information about how you can improve your life.
• Education includes recognizing the action steps you want to take to achieve your goals.
Once you have set out to achieve something new and exciting for your life...
Once you have learned all about the steps needed to reach your goal...

Self-advocacy means:
- ‘Going for it’ with courage, persistence and determination.
- Expressing yourself clearly and calmly (with respect) until you get what you need for yourself.
Support

- Support from family, friends and care providers is essential for well-being
- Support involves being part of a community
- Having a feeling of connectedness
- Building partnerships as you move toward your hopes and dreams.
The Only Person Who Can Write Your WRAP® Is You!!!
WRAP® for Everyday Lives

• Wellness Toolbox
• When I’m Feeling Really Good
• Things I Need To Do Everyday To Keep Feeling Good
• Things I Need or Want To Do Sometimes
• Triggers and Action Plans (what upsets me and what I will do about it)
• Early Warning Signs and Action Plans
• When I Feel Awful and Things are Breaking Down; and Action Plans
Wellness Toolbox

Begin a WRAP by making a list of Wellness Tools. These are all the things you do or can do to keep yourself happy and healthy.

- What are some things you do to stay healthy?
- What makes you happy?
Wellness Toolbox

Think of as many Wellness Tools as you can! This list will help you create the rest of your WRAP®
When I’m Feeling Good

• Write down how you feel when you feel good.
• Make a list of words, that describe you when you are having a great day. Some words that others have used include:
  
  Successful  I feel Loved
  Having Fun  I have Joy in my Heart
  Smiling  I am Strong
  I have Courage  Friendly
Things I Need To Do Everyday

• Write down the things you need to do every day to keep feeling good.

• Since you will be doing these things EVERYDAY it might be helpful to make this list do-able (able to do).
  ▪ What do you need to do everyday to stay healthy?
  ▪ What do you need to do everyday to stay happy?
Things I Need To Do Everyday

• Write down the things you **need** to do every day to keep feeling good.

• Some examples others have included in their list:
  ✓ Brush my teeth 3 times a day
  ✓ Wash my hands often to prevent colds and the flu
  ✓ Take my vitamins
Next you will write down the things you need to do *sometimes*.
• Include in this list, things you want to do but don’t get to do often.
Things I Need To Do or Want To Do Sometimes

- Some examples might include:
  - Go fishing with my family or friends
  - Shopping at the mall with my friend
  - Doing my laundry
  - Cleaning my bedroom
  - Taking a walk
  - Relaxing in the pool
  - Plan a vacation
Triggers

• Triggers are things that happen to you, that you hear about or you see happening to others that cause you to feel angry, hurt, upset, anxious, afraid or some other way you don’t like feeling.

• Examples of Triggers may be:
  o Someone yelling at me
  o Being teased
  o Not getting the job I applied for

• Make a list of some of your Triggers…
Triggers Action Plan

• Once you have a list of your Triggers, it is important to take action so you feel better.

• What are some Wellness Tools that will help you feel better when stressful events, also known as Triggers happen?
  - For example when someone yells at me, I can take action by asking them to talk with me quietly. I can leave the room and take a walk; or I can call a supporter and tell them what happened.

• It is helpful to have more than one plan of action, in case ‘Plan A’ doesn’t work.
Early Warning Signs

• The next part of WRAP® is Early Warning Signs. Sometimes you may feel badly and you don’t know why.
• These bad feelings may creep up on you. It is important to take action to help yourself feel better so things do not get worse.
• Examples of Early Warning Signs include:
  o Feeling tired all the time
  o Interrupting others when it is their turn to talk
  o Getting angry for no reason
Early Warning Signs Action Plan

• It is important to notice your Early Warning Signs and take action so things do not get worse.

• Examples of what others have done when Early Warning Signs creep up:
  o Make sure I am doing the things I said I would do everyday to stay healthy and happy.
  o Talk with a friend about my feelings
  o Choose a Wellness Tool that will calm me down like reading a book, drawing.

Take Action So Things Do Not Get Worse
When Things are Breaking Down

• Sometimes no matter what you do to make yourself feel better, nothing helps. During tough times like this, you may think that you will always feel badly. Don’t give up! You can still take action to help yourself feel better and better.

• It is important to have friends and/or family that can support you during this time.

• Think about how you feel and behave when you feel really awful.

• Some examples from others:
  o I cry a lot
  o I attack people with bad language
  o I can’t sit still at all
When Things are Really Tough you need to take quick and immediate action.

Your plan may include people you trust can help you through the tough time and support you to feel better.

Some examples of action plans may include:

- If I am crying all the time: I can ask my boyfriend, girlfriend, friend to give me a hug; let me cry for 20 minutes; then go for a walk with me.
- If I am ranting and raving using bad language: I would want my best friend to tell me and then do something fun with me like dancing.
After a really tough time, it is important to consider what you learned. Tough times can make you a stronger person. It is also important to thank the people who helped you through the tough time. And finally, it is important to get back to doing your daily Wellness Tools that help you stay happy and healthy.
Congratulations!!!

You have just reviewed the Wellness Recovery Action Plan as a guide to living a happier and healthier life. It is up to you to decide if you want to develop a WRAP® and how you want to use it in your everyday life.

The WRAP® for Everyday Living Workbook can guide you and help you get started on this great journey!
WRAP Around The World 2013

The Copeland Center for Wellness and Recovery invites you to the second international gathering of WRAP® facilitators, innovative WRAP programs and many other key recovery transformation leaders at the WRAP Around The World Conference January 25-27th 2013 Oakland California Marriott.