

## EXERCISE 19

# Wellness Recovery Action Plan (WRAP)

- Step 1:** Fill out the boxes to the best of your ability as they relate to you and your experience. If you get stuck, you can ask someone close to you like a loved one or spouse about how you show up when feeling well versus unwell.
- Step 2:** Share your discoveries about yourself with someone who can hold you accountable. Specifically focusing on 'Plan of Action' and 'What do I need from others?' sections. The WRAP plan is meant to help you identify signs of decline and burnout while creating a path and plan towards wellness.

**Exercise continues on the following page.**

<p><b>WHAT DOES IT LOOK LIKE WHEN I'M WELL?</b></p>	<p><b>WHAT DOES IT LOOK LIKE WHEN I'M NOT WELL?</b></p>
<p><b>WARNING SIGNS/INTERNAL</b></p>	<p><b>TRIGGERS/EXTERNAL</b></p>
<p><b>MY SUPPORTS</b></p>	<p><b>WHEN THINGS ARE BREAKING DOWN</b></p>
<p><b>PLAN OF ACTION</b></p>	<p><b>WHAT DO I NEED FROM OTHERS?</b></p>