

Examples for Wellness Recovery Action Plan (WRAP)

Developed by Deborah Amesbury from various sources, including Mary Ellen Copeland's book, training workshops, and personal experience.

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DAILY MAINTENANCE LIST

What I'm like when I'm feeling all right:

bright	satisfied
cheerful	compulsive
talkative	impulsive
outgoing	a fast learner
a chatterbox	content
active	peaceful
energetic	calm
humorous	quiet
a jokester	introverted
happy	withdrawn
enjoy crowds	reserved
dramatic	retiring
flamboyant	breathe easily
athletic	enthusiastic
optimistic	friendly
reasonable	compassionate
responsible	fun to be with
competent	supportive
capable	creative
industrious	efficient
curious	patient
supportive	organized
easy to get along with	disciplined
clear-minded	relaxed
playful	

Things I need to do for myself every day to keep myself feeling all right:

- eat 3 healthy meals & 3 healthy snacks
 - 6 servings of whole grain foods
 - 5 servings of vegetables
 - smaller portions of protein at each meal
- drink at least 6, 8-oz glasses of water
- avoid caffeine, sugar, junk foods, alcohol, nicotine
- exercise for at least 1/2 hour
- get exposure to outdoor light for at least 1/2 hour
- take medications
- take vitamin supplements
- have 20 minutes of relaxation or meditation time
- write in my journal for at least 15 minutes
- spend at least 1/2 hour enjoying a fun, affirming and/or creative activity
- get support from someone who I can be real with
- check in with my partner for at least 10 minutes
- check in with myself: how am I doing physically, emotionally, spiritually
- go to work
- play my guitar
- look in the mirror & say 5 good things about myself
- appreciate myself
- laugh
- play with a child
- give & get a hug
- listen & support someone else

Things I need to do for myself every day to keep myself feeling all right (continued):

- get at least 7 hours of sleep
- organize my clothing for next work day
- read the comics
- get hugs from my husband
- don't watch anything serious on TV
- accomplish something
- read the Bible
- do something cognitively or mentally challenging
- do yoga
- make or listen to music
- watch Judge Judy
- connect with someone
- read something pleasant or comforting before I go to sleep
- take sleep meds on time & refrain from stimulating activities
- take a break at work
- make a "to do" list

Additional things I might need to do (or that would be good to do):

- get a massage
- spend with my pet
- get more sleep
- buy groceries
- do the laundry
- write some letters
- send Emails
- plan a vacation
- call my sponsor
- go to church
- go dancing
- do some housework
- go to a movie
- work in the yard
- get a new haircut
- go for a hike
- ride my bike
- wash my car
- call a friend
- do volunteer work
- play video games
- shoot some hoops
- take a class
- be in touch with my family
- have some personal time
- take a hot bubble bath
- spend time with children

Additional things I might need to do (or that would be good to do) (continued):

- go out to dinner with a friend
- spend time with a good friend
- spend extra time with my partner
- spend some time with my therapist, case manager, etc.
- set up an appointment with my therapist, case manager, psychiatrist
- plan something fun for the weekend
- plan something fun for the evening
- remember someone's birthday or anniversary
- go for a long walk or do some other extended outdoor activity (gardening, fishing, play softball)
- go to a 12-step meeting or support group
- pay bills 1st and 15th of the month
- do something for someone without them knowing it
- go on a date with my husband
- use a light box for 20 – 30 minutes each day
- contact someone in my DMDA support group
- practice relaxation exercises
- cook and invite someone for dinner
- shop for nice greeting cards
- “get lost” in a trashy novel
- look at catalogs and “fantasize”

TRIGGERS

Things that, if they happen, might cause an increase in my symptoms:

- anniversary dates
- work stress
- excessive stress
- relationship ending
- spending too much time alone
- holidays
- family get-togethers
- being judged or criticized
- being teased or put down
- being over-tired
- being left out
- self-blame
- physical illness
- financial problems
- sexual harassment
- being around an abuser or someone who reminds me of a past abuser
- drinking alcohol or using street drugs
- extreme guilt (from saying “No,” etc.)
- talking to certain family members
- loss of/feeling out of control
- disagreement with co-worker
- assuming anything negative has to do with my disability
- condescending providers (feeling cheated)
- not feeling heard/validated
- fight with someone
- hateful outbursts by others
- intimacy
- over-extending myself
- not enough time alone
- legal problems
- family friction
- crowded places
- extended travel
- sleep disruption
- violent movies
- bad weather
- letter from SSA or IRS
- rent increase
- cruelty to people or animals

Action Plan: Things that I can do if my triggers come up to keep them from becoming more serious symptoms:

- walk my dog
- distract myself
- get validation
- go to church
- pray
- meditate
- play my piano
- sing or dance
- listen to relaxing music
- go running, swimming, etc.
- clean my kitchen
- focus on something else
- do something artistic
- make sure I do everything on my daily maintenance program
- call a support person & ask them to listen while I talk through the situation
- do some deep breathing exercises
- work on changing negative thoughts to positive
- get validation from someone I feel close to
- talk to my therapist, case manager, psychiatrist
- go to the library and read to kids
- go to my special place in my house (clean, neat, orderly)
- give myself permission to leave work early
- take off 1 – 2 hours during the day to run a “fun” errand
- take inventory of all the “gifts” I have in my life
- make a plan
- take the day off from work
- socialize with supportive people
- reflect, use positive self-talk
- go to my support group

EARLY WARNING SIGNS

Some early warning signs that others have reported and/or I have observed:

- anxiety
- nervousness
- forgetfulness
- increased irritability
- increased negativity
- increased smoking
- not keeping appointment
- being uncaring
- lack of motivation
- impulsivity
- dizziness
- muscle cramping
- inability to experience pleasure
- feeling slowed down or speeded up
- avoiding doing things on my daily maintenance list
- avoiding others or isolating
- being obsessed with something that doesn't really matter
- beginning irrational thoughts
- spending money on unneeded items
- poor motor coordination with no physical reason
- aches & pains (headaches, backaches, etc.)
- feelings of discouragement, hopelessness
- change in eating/sleeping (increase or decrease)
- feeling worthless, inadequate
- failing to buckle my seat belt
- not answering the phone
- excessive sweating
- tearfulness
- easily frustrated
- decreased sex drive
- difficulty concentrating
- substance abuse
- putting myself down
- working harder
- skin breaking out

EARLY WARNING SIGNS (continued)

- inattention to personal grooming
- thoughts about hurting myself
- increased checking behavior
- not wanting to get out of bed
- passing exits on the interstate
- GI changes/disturbances
- hyperactivity; can't sit still
- feeling overwhelmed ("I'm tired of...")
- recycling bin is overflowing
- house gets more cluttered
- can't find things/forgetting where I put things
- less interest in appearance
- plants are dying from neglect
- less concern/caring for pets
- messing up meds (forgetting...)
- putting things off (meeting deadlines, paying bills, etc.)
- suppressing grief and anger
- wearing a lot of makeup
- getting angry easily
- dressing in dark colors
- irrational worrying about things (husband leaving me, getting fired from my job, etc.)
- "over-reacting" to small annoyances

Action Plan: Things I must do if I experience early warning signs:

- do the things on my daily maintenance list whether or not I feel like it
- tell my therapist, case manager, psychiatrist how I am feeling and ask for their advice. Ask them to help me figure out how to take the action they suggest.
- do at least one focusing exercise a day
- do at least 3, 10-minute relaxation exercises each day
- write in my journal for at least 15 minutes each day
- spend at least 1 hour involved in an activity I enjoy each day
- ask others to take over my household responsibilities for a day
- go to ___ 12-step meetings each week
- go to ___ support meetings each week
- stay off the couch
- turn off the TV
- remove any weapons from my house
- give my car keys/checkbook to someone
- ask someone to stay with me or go to stay with someone
- refrain from all alcohol and caffeine
- give myself permission to not be perfect
- walk and sing hymns, pray
- play with kids
- positive self-talk

Things I can do if they feel right to me:

- check in with my psychiatrist
- surround myself with loving, affirming people
- spend some time with my pet
- read a good book
- dance, sing, listen to good music, play a musical instrument
- exercise
- go fishing
- go fly a kite
- volunteer
- go see a funny movie
- affirmations
- distract myself by fantasizing about winning the lottery and how I would spend the money

THINGS ARE BREAKING DOWN OR GETTING WORSE

Signs/symptoms that indicate that things are getting worse:

- unable to sleep
- sleeping all the time
- avoiding eating
- wanting to be totally alone
- racing thoughts
- substance abuse
- inability to slow down
- bizarre behaviors
- sitting & staring
- don't care anymore
- agitation
- incredible fatigue
- stopping meds
- feeling like crawling out of my skin
- not being aware of my surroundings
- panic attacks
- obsessed with negative thoughts
- seeing things that others don't see
- feeling very oversensitive and fragile
- irrational responses to events and the actions of others
- risk-taking behaviors, e.g., driving fast, promiscuity
- thoughts of self-harm, suicidal thoughts
- spending excessive amounts of money
- hearing voices
- chain smoking
- paranoia
- can't complete projects
- can't begin projects
- feeling overwhelmed
- crying all day

Action Plan: Things that can help reduce my symptoms when they have progressed to this point:

- call my psychiatrist, ask for and follow her instructions
- have my meds checked
- call and talk as long as I need to my supporters
- arrange for someone to stay with me around the clock until my symptoms subside
- take actions so I cannot hurt myself if my symptoms get worse, such as give my medications, check book, credit cards and car keys to a previously designated friend for safe keeping
- make sure I am doing everything on my daily maintenance list
- arrange and take at least 3 days off from any responsibilities
- write in my journal for a least one half hour
- call the warm line
- write a contract with my therapist
- have someone call me to check in 2 times daily

CRISIS PLAN

Part 1 – *What I'm like when I'm feeling well:*
(see Daily Maintenance List)

Part 2 – *SYMPTOMS that indicate that others need to take over full responsibility for my care and make decisions on my behalf:*

- not sleeping at all
- not getting out of bed at all
- neglecting personal hygiene
- not taking care of my pet
- destruction of property
- self-destructive behaviors
- uncontrollable pacing, unable to stay still
- thinking that someone is trying to hurt me, spy on me
- not cooking or doing any housework
- thinking I am someone I am not
- thinking I have the ability to do something I don't
- planning suicide; rehearsing suicide
- giving things away; throwing things away
- not showing up for work & not calling anybody
- inability to stop compulsive behaviors like constantly counting things
- uncontrollable thoughts about hurting myself
- criminal activities
- refusing to eat or drink
- not leaving the house
- screaming at voices
- giving things away
- staying in the same clothes

Part 3 – *These are my SUPPORTERS, the people who I want to take over for me when the symptoms I listed in Part 2 come up:*

Tipper Gore
Friend/Guide
303-123-4567

Advise me, talk to me about recovery. Let me call her in the middle of the night when I feel out of control.

Paul McCartney
Friend
720-123-4567

Check to see that I am in a safe place/facility. Make sure that my WRAP has been evaluated by staff. Talk to Tipper Gore about how to be helpful.

Grover Washington
Therapist
303-911-9876

Explain the reason for hospitalization. Make sure that my WRAP is followed as much as possible. Consult with my psychiatrist and facility treating staff.

Demitri Papolos, MD
Psychiatrist
720-911-0000

Work with facility treating staff regarding any changes in meds and following my WRAP.

Joni Mitchell
Sister
303-234-5678

Bring me things I need. Take care of my valuables, home, plants.

Kay Jamison
Co-worker
720-987-6543
Support me in my recovery at work.

The people I don't want involved in any way and why:

Sue Hastings, sister. She will not be supportive and will have an "I told you so" attitude.

Part 4 – MEDICATIONS/SUPPLEMENTS

Medications/supplements I am currently taking and why I am taking them:

Depakote	XXXmg	Mood stabilizer
Risperdal	XXXmg	To control psychotic features
Klonopin	XXXmg	For anxiety and to help me sleep
Glucophage	XXXmg	For diabetes
Chromium picolinate		For possible weight loss and help with diabetes
Centrum vitamins		For good physical health
Melatonin		For sleep

Medications/supplements I prefer to take if medications or additional medications become necessary, and why I choose them:

Topomax	Should not cause weight gain
Zyprexa	Has worked for my brother who has similar symptoms
IM med	for heavy sedation if I have not had any sleep for 3 or more days – to help me sleep for at least 24 hours
Zoloft	Has worked to treat my depression in the Past

Medications/supplements that are acceptable to me if medications or additional medications become necessary, and why I choose them:

Any mood stabilizer or combination of mood stabilizers if my mania is difficult to get under control

Any SSRI because I have not had any negative side effects from Zoloft

Meds that my supporters feel are OK as long as they are not on my “must be avoided” list

Medications/supplements that must be avoided and reasons why:

Lithium because I became toxic easily in the past

Haldol, except for initial sedation, because I don't like the long-lasting “drugged up” feeling – The same goes for Prolixin, Mellaril, Thorazine and Stellazine

Effexor because it gave me migraine headaches

SSRIs because they make me manic

Part 5 – TREATMENTS

Treatments that help reduce my symptoms and when they should be used:

- Hospital should allow me full privileges as soon as possible if I am admitted voluntarily so I don't feel cut off from the outside
- Let my supporters visit as soon as I am admitted to a facility because they are helpful to me
- Make sure that my symptoms are not due to my medical problems – diabetes, hypertension
- One to one therapy to help me explain my situation
- Group therapy to support my coping skills
- Review my WRAP to see what went wrong and if I need to make any changes
- Art therapy and music therapy to help me relax
- Let me get outside for 30 minutes a day to feel better
- Let me sleep off my mania rather than force me to be involved in activities – otherwise I will be agitated and may become verbally abusive
- Let me have my own CD player and my relaxation tapes because that works to help me relax
- Let me have my own journal so I can write in it as soon as I begin to feel better
- Let my friend come and give me a massage which puts me in a good mood and helps me feel better physically
- Let me practice my meditation in a quiet place to feel grounded
- When someone sits and talks with me in a calming way I feel safe

Treatments I want to avoid and why:

- Shock treatment because I don't want to lose my memory
- Restraints because it causes me to remember being raped and I get flashbacks and panic
- Don't approach me from behind or come within 3 feet of me without my permission because I may be fearful of being raped
- Isolation because I get scared and anxious
- Forced meds unless nothing on my WRAP has worked and at least 3 of my supporters agree

Part 6 – What can be put into place in order for me to stay at home or in my community and still get the care I need:

- Making sure that my schedule is clear
- Someone staying with me
- Supporting me in following a daily schedule of exercise, meals, journaling and meditation
- Bringing together my WRAP supporters to problem solve and coordinate
- My supporters checking in with me at least 3 times a day
- Someone taking me out on an errand, walk and/or coffee daily
- Having daily contact with my psychiatrist and/or therapist.
Seeing my psychiatrist at least weekly
- Someone taking over all my household responsibilities
- Someone making sure that I am eating at least 2 meals a day
- Someone bringing me cooked meals and doing my laundry
- Someone making sure that I am caring for my dog
- Someone making sure that I am caring for my child
- Spending time with healthy people
- Someone making sure that I am taking my meds

Part 7 – TREATMENT FACILITIES

Treatment facilities where I prefer to be treated or hospitalized if that becomes necessary and why:

- Syracuse Community Hospital
- Provident Memorial Hospital
- Maple House (ATU)
- Norristown State Hospital

Treatment facilities I want to avoid and why:

- Xavier Hospital because they put me into restraints before trying other things
- Franklin Memorial Hospital because they “drugged me”
- Roosevelt Psych Unit because the staff were not respectful to patients

Part 8 – HELP FROM OTHERS

Things my supporters or others can do for me that would help reduce my symptoms or make me more comfortable:

- listen to me without giving advice, judging me or criticizing me
- hold me
- let me pace
- feed me
- give me a foot massage
- keep me from _____
- say positive things, tell me I’m a good person

- increase my meds
- do reality checks
- reassure me
- cut down on the stress level
- restrict phone calls
- bring me chocolate
- pray for me
- tell me they love me
- pay my bills

Things I need my supporters to take care of:

- kids
- pets
- plants
- mail
- cleaning my house
- checking my refrigerator

Things that others might do, or did in the past, that would not/did not help and/or might make things worse:

- forcing me to do anything
- trying to entertain me
- chattering
- being impatient
- putting guilt, blame
- getting angry with me
- making me feel powerless
- putting me in the hospital
- ignoring me
- minimizing me
- saying “I told you so”

Part 9 – *INACTIVATING THE CRISIS PLAN*

Signs or actions that indicate that my supporters no longer need to use this Crisis Plan:

- I have slept through the night for 2 nights
- I am able to cook for myself
- I am able to take care of my kids/pets
- I am feeling good enough to go back to work
- I answer the phone & return phone calls
- I can drive again
- I get my sense of humor back
- I can read again