

Wellness Recovery Action Planning®

Wellness Recovery Action Plan® or WRAP is a personalised plan that you develop for yourself and helps you think about getting and staying well.

WRAP is used world-wide by people who are dealing with all kinds of health and life challenges and we run regular WRAP courses at the Recovery College, which aim to help you to;

- Discover simple, safe, and effective tools to create and maintain your wellbeing
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to support you
- Have a plan and identify what supports you when things are breaking down or you are in a crisis

In WRAP we aim to facilitate spaces where people can share their knowledge and develop a plan that works for them. Each course is co-led by 2 or more trained facilitators who have their own WRAP plan for their personal wellbeing and through the course we'll provide information and a supportive space to enable you to think about what works for you.

WRAP is for everyone and focuses on life experiences, strengths, and goals, not diagnoses, illnesses, or deficits. The only criteria for someone to use WRAP, is that they want to.

Wellness Recovery Action Plan® and WRAP was developed by Mary-Ellen Copeland, an author, educator and mental health advocate. In Leeds Recovery College our lead WRAP facilitators are accredited by the Copeland Centre and deliver the course content in line with their values and ethics.

For more information please visit:
www.wellnessrecoveryactionplan.com

For course dates please visit:
LeedsRecoveryCollege.com



We run regular WRAP's at Leeds Recovery College. Courses typically range in size from 8 to 12 participants of up to 12 sessions, lasting between 2.5 and 3 hours per session (including regular breaks). We also deliver an online version of the course, which introduces the first section of WRAP, key concepts and wellness planning. The first section includes:

Building your wellness toolbox:

The skills, tools and strategies we use to keep ourselves well and when we don't feel well, the things that will help us to feel better. Wellness tools give us hope and help us feel connected to ourselves and others around us. Often in difficult times we can forget, overlook or feel guilty about these things and in developing your tool box you will explore what works for you.

Developing your daily plan:

In creating your daily plan we'll consider the things we need to do every day to stay well, and the things we may want to do less often, to maintain wellness. The daily plan is a simple structure for putting wellness tools and other things that are important to us into action for daily living. This includes thinking about how we look and feel when we're well, the things that are important to us and what we value.

Planning for stressors and triggers:

These are the events, situations or circumstances that may cause uncomfortable feelings or behaviours and if we don't respond to them or deal with them in some way, they can make us feel worse. In this part of WRAP, we'll initially look at what may be a trigger for us and create plans for how we will respond if they occur.

In our in-person course (not delivered online) we then go on to look at:

Identifying early warning signs:

These are subtle signs that indicate something has changed. These may be the things we notice about ourselves or our environment that tell us we need to take action in some way to stop our situation from worsening. Early warning signs are the things that point towards a change in our health, mood or outlook.

Planning for when things are breaking down or getting much worse:

Despite our best efforts things may begin to feel worse and break down. This is an important time when we may be able to take action. In this section, we will explore signs that things are breaking down and begin to build a plan we will follow to help prevent a crisis.

Introduction to crisis planning:

What we define as crisis, will be personal to us and we'll explore what crisis looks like for our personal situation, who supports us, what help we may want and not want and how we want to be supported by others (including medical professionals).

Reviewing your plan and post crisis planning:

The post crisis plan can help navigate the period after a crisis so we can gradually return to our daily plan, in the way that makes sense for us. It also helps us to evaluate our WRAP and work out what tools or strategies work for us as we learn about ourselves through the crisis we experienced.

Please visit LeedsRecoveryCollege.com for course dates.