

# 2-day WRAP® Wellness Recovery Action Plan® for staff

**Lost the work / life balance?  
Experiencing compassion fatigue?  
Feel tired, anxious or disillusioned?  
Stressed or approaching burnout?**

With the support of Leeds Health and Care One Workforce, we are pleased to be able to offer; our 2-day WRAP®, Wellness Recovery Action Plan® course; exclusively for staff who work in:

- Leeds NHS, primary care and independent care providers;
- Leeds City Council, and local authority funded projects;
- Leeds third sector and charitable organisations;

All staff who work across education, housing and health sectors in Leeds.

Wellness Recovery Action Plan® (WRAP®) is an evidence-based system used worldwide by people to manage all kinds of challenges that impact their wellbeing.

***WRAP® is a personalised plan that you develop for yourself which helps you think about getting and staying well.***

The Wellness Recovery Action Plan® was developed in 1997 by Mary-Ellen Copeland, an author, educator and mental health advocate in the USA.

In Leeds Recovery College our facilitators are trained and accredited by the Copeland Centre and follow the original WRAP® curriculum, values and ethics.

We asked some of our 2-day delegates what they would say about the course;

*'WRAP can be a practical tool for personal growth and vital knowledge to help others, the sections of WRAP can apply to anyone, and I would recommend it for everyone particularly NHS staff'*

*'It encourages you to reflect on yourself and recognise signs and behaviours in yourself. Having the time to reflect means you learn so much more. I can help my service users and colleagues with these techniques.'*

*'The 2 day WRAP has surpassed my expectations I am leaving with friends, a WRAP plan to help me when I'm struggling, lots of tools and strategies to help me and more self-belief and confidence'*

For more information please visit:  
[www.wellnessrecoveryactionplan.com](http://www.wellnessrecoveryactionplan.com)

For course dates please visit:  
[LeedsRecoveryCollege.com](http://LeedsRecoveryCollege.com)



We run regular WRAP®'s at Leeds Recovery College with courses typically ranging in size from 8 to 12 participants.

We also deliver a comprehensive 12-week course, and an online version, which introduces the first section of WRAP, key concepts and focuses on wellness planning.

In the 2-day WRAP® we will cover;

### **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 courses (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](http://LeedsRecoveryCollege.com) for course dates.