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SKILL SHEET

My Wellness Plan

A plan for staying well, written when you are well

A short plan you write for yourself: what keeps you well, what throws you off, and what to do as you start to slip.

A wellness plan is a plan *you* write for your own life while you are feeling well. It helps you notice early when you are slipping, and it gives you a list of things to do, so you do not have to think hard when you are not at your best. It comes from the Wellness Recovery Action Plan (WRAP), developed in 1997 by a group of peers in Vermont, including Mary Ellen Copeland. Many people living with mental health conditions use it. It works alongside treatment and does not replace it.

THE EIGHT PARTS OF THE PLAN

1. **My wellness toolbox.** List every little thing that helps you feel better: a walk, a good meal, talking to a friend, painting, making or hearing music.
2. **When I am well.** Write words that describe you when you are well: happy, productive, funny, patient. If you cannot remember, imagine it. It gives you something to steer toward.
3. **My daily plan.** A short list of what you need every day to stay as well as you can: get up and go to bed at set times, eat breakfast, take your medicine as prescribed, a 20-minute walk, call someone. A second list can hold things for certain days, such as calling your doctor.
4. **My stressors.** Things that throw you off if they happen: a fight, a sick pet, someone rude, a hard anniversary, bad news, a missed night of sleep. For each, list what from your toolbox you could do right then.
5. **My early warning signs.** Small signs you are not quite right: sleeping more or less than usual, a headache, not wanting to see anyone. Your own signs, in the order they usually come, are worth knowing well. Write a simple plan using your toolbox.
6. **When things are breaking down.** Signs that things are much worse: yelling, fights, trouble thinking, crying all the time, eating or drinking too much, skipping medicines. Write a stronger plan, including who you will call. Catching it here can head off a crisis.
7. **My crisis plan.** Written while you are well and shared with people who will support you, for times when you cannot tell them what to do: signs that they should step in, who to call, your medicines, where you would and would not want to be treated, what helps, and what they should not do.
8. **After a crisis.** A plan for getting back to your daily plan one step at a time: what to do first, who to check in with, and what to take off your plate for a while.

HOW TO USE IT

- Keep it short and in your own words.
- Read your daily plan each morning, and use it every day, not only when you are struggling.
- Once a week, check yourself against your early warning signs, or ask someone close to you to check in.
- Choose a few supporters, so no one person carries it all, and give them your crisis plan. Give a copy to your clinician too.
- Update it after any hard stretch, as you learn what works.

BUILD THE DAILY PLAN ON SLEEP AND ROUTINE

- Get up and go to bed at the same times every day, weekends too.
- Eat at regular times, and get daylight and some movement in the morning.
- Take medicines as prescribed, at the same time each day. A weekly pill box helps.
- Go easy on alcohol and drugs, which upset sleep and mood.
- Do one thing you enjoy and one thing that matters to you.
- Be in touch with at least one person each day.

TWO EXAMPLES

Early warning sign: I sleep less than 6 hours two nights in a row and do not feel tired. **What I will do:** keep my usual bedtime, cancel late plans, and tell my sister. If it happens a third night, call my prescriber.

Early warning sign: I stop answering texts and stay in bed past 10. **What I will do:** get up at my set time, walk for 10 minutes, text one friend, and tell my therapist at the next visit.

About medicines: change them only in ways your prescriber has agreed to ahead of time. Never stop one on your own.

IF YOU ARE IN DANGER

If you are in danger or thinking of ending your life, do not wait for the plan. Call or text **988** (US), or call **911**.

Fill this in when you are feeling well, and keep it where you will see it. Short answers are fine. Use the back of the page if you need more room.

1 AND 2. MY TOOLBOX, AND ME WHEN I AM WELL

Things that help me feel better:

When I am well, I am:

3. MY DAILY PLAN

Every day I need to (sleep times, meals, medicine, movement, people):

On some days I may need to:

4. MY STRESSORS

Things that throw me off:

What I will do if they happen:

5. MY EARLY WARNING SIGNS

I might notice (in the order they usually come):

What I will do:

6. WHEN THINGS ARE BREAKING DOWN

The signs:

What I will do, and who I will call:

7. MY CRISIS PLAN (SHARE IT WITH MY SUPPORTERS AND MY CLINICIAN)

Signs that others should step in:

Doctors and people to call, with numbers:

Medicines I take, any I cannot take, and changes my prescriber agreed to:

Where I would want to be treated, and where I would not:

What helps me, and what I do not want:

Who looks after my home, children or pets:

8. AFTER A CRISIS

My first small steps back to my daily plan:

Who I will check in with, and what I will take off my plate:

Source. Adapted and rewritten, in new words, from the video "WRAP: Full Description of the Wellness Recovery Action Plan" (Mary Ellen Copeland, who developed WRAP). Copeland teaches the full program in books and training at mentalhealthrecovery.com. This sheet is a short outline, not the official program. The examples, the sleep and routine box, the weekly check and the medicine line are added.

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If you are thinking of harming yourself or ending your life, call or text 988, the Suicide and Crisis Lifeline (US). If you are in immediate danger, call 911. Not for emergencies. This is general information, not about you, and it does not replace your own clinician, who knows your history. Your clinician's instructions come first. It may be incomplete, out of date, or wrong. The FDA-approved label, your prescriber, and your pharmacist are the official sources, so check with them before you act. Do not start, stop, or change any medicine or treatment because of this sheet. **PROVIDED "AS IS," WITHOUT WARRANTY OF ANY KIND, INCLUDING OF ACCURACY, MERCHANTABILITY, OR FITNESS FOR A PURPOSE. To the fullest extent the law allows, Psycho.farm, Prospect Park Psychiatry, PLLC, and their owners, clinicians, authors, and staff are not responsible for any injury, loss, or damage from using this sheet, including from any error, omission, or negligence.** Use of this sheet is also covered by the Terms at psycho.farm/terms and psycho.farm/disclaimer.

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