
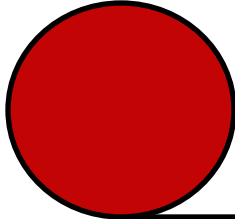
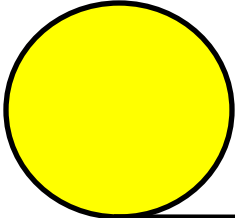
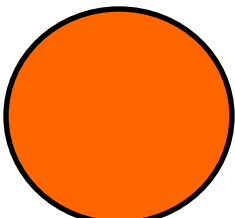
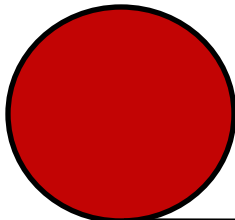
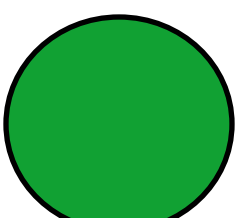


Wellness Recovery Action Plan (WRAP[®])

Traffic Light


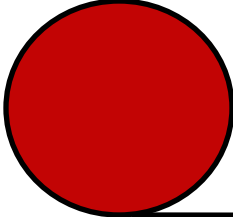
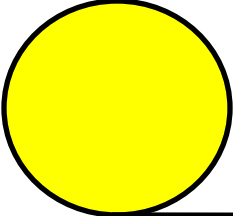
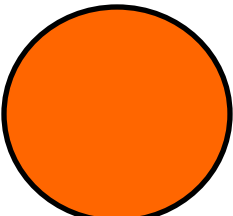
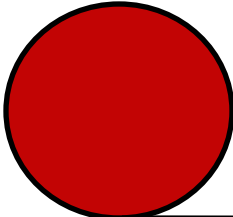
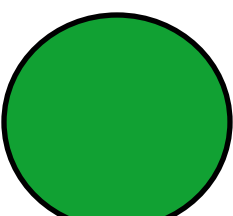
WRAP[®] is a mental health recovery education curriculum authored by Mary Ellen Copeland. This "Traffic Light" handout was created as a visual illustration of Action Planning during different stages of health. Please visit www.mentalhealthrecovery.com to learn more about WRAP[®].

| | |
|---|--|
|  | <p>Daily Plan: This is a description of how we feel when we feel well. And it also includes a list of things we need to do for ourselves every day to keep feeling well. We know that if we don't do these things, we may compromise our wellness.</p> |
|  | <p>Stressors & Action Plan: These are events or circumstances that may compromise our wellness if we don't respond to them. The Action Plan is a list of things we can do when we experience stressors.</p> |
|  | <p>Early Warning Signs & Action Plan: These are subtle signs of change indicating we may need to take some further action. Early Warning Signs can only be measured by the person experiencing them. We also need an Action Plan for Early Warning Signs.</p> |
|  | <p>When Things are Getting Worse & Action Plan: Despite our best efforts, we begin to feel even worse but we are still able to take some action on our own behalf. This is an important time and we need to an immediate action plan to prevent a crisis.</p> |
|  | <p>Crisis Plan: In spite of our best planning and assertive action on our own behalf, we may find ourselves in a situation where others will need to take responsibility for our care. It is important to have a plan that we can share with our supporters.</p> |
|  | <p>Post Crisis Plan: This is part of the plan is different because it is constantly changing as we heal. For example, we may feel much better two weeks after a crisis then just one week after a crisis. Therefore, our action plan for daily activities may change.</p> |
| <p>The goal of Action Plan is to get back to "Me Well."</p> | |

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| | |
|---|--|
|  | Daily Maintenance Plan: |
|  | Triggers & Action Plan: |
|  | Early Warning Signs & Action Plan: |
|  | When Things are Getting Worse & Action Plan: |
|  | Crisis Plan: |
|  | Post Crisis Plan: |

The goal of Action Plan is to get back to "Me Well."