

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[®].

Daily Maintenance Plan: This is a description of what I am like when I am well. It includes a list of 3-5 things I can do each day which are most important to my wellness.

Triggers & Action Plan: These are events or circumstances that may make us feel different than we usually feel. The Action Plan is a list of things we can do when we experience triggers to help us feel better.

Early Warning Signs & Action Plan: These are subtle signs of change indicating we may need to take action before they worsen. Early Warning Signs can only be measured by the person experiencing them. We also need an Action Plan for Early Warning Signs.

When Things Are Breaking Down & Action Plan: Despite our best efforts, things may progress to the point where they are very serious. This is an important time and we need to take immediate action to prevent a crisis. An Action Plan is needed.

Crisis Plan: In spite of your best planning and assertive action on your own behalf, you may find yourself in a situation where others will need to take responsibility for our care. It is important to have a plan that you can share with your supporters.

Post Crisis Plan: This part of the plan is different because it is constantly changing as you heal. For example, you may feel much better two weeks after a crisis than just one week after a crisis. Therefore, your action plan for daily activities may change.

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

Inspired by Nanette Larson, developed and designed by Amy Foster and Al French.

