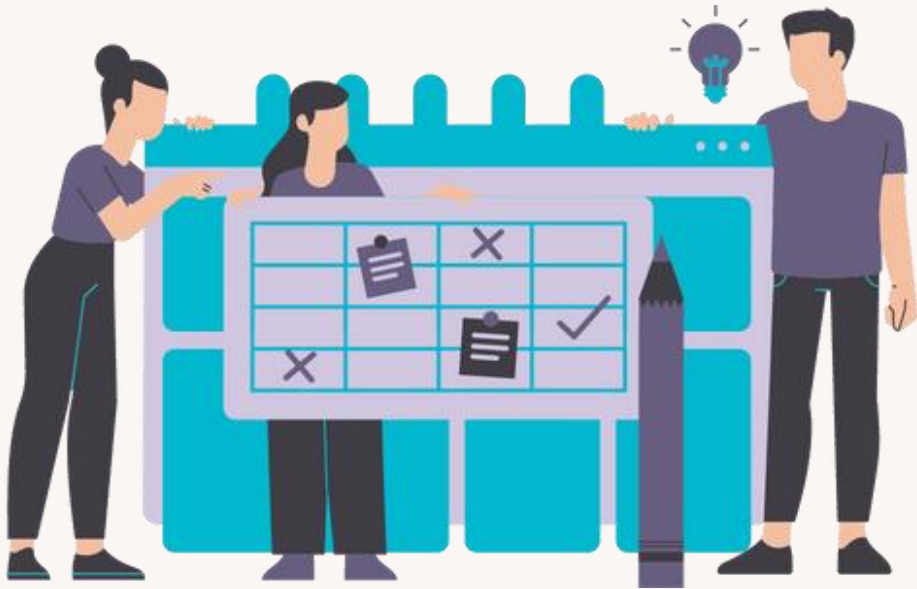


WRAP

Wellness Recovery Action Plan



What? Why? How?



What is it?

A wellness recovery action plan is just that; a series of questions help you explore what you are like at your best, what enables you to stay well, what might knock you off balance and what helps you regain equilibrium.

Why complete it?

We all have both mental and physical health. It alters over time. It is also highly individual; what stresses one person may not stress another. Having open, honest conversations about wellbeing, stress and stressors means we can support ourselves and one another to stay healthy, well and on top of our game.

How do I do it?

Simply answer the following questions as comprehensively as you can. The resulting individualised plan should then be stored securely and regularly reviewed and updated.

Making a Plan

- What are you like when you are on top form? (Energetic, sharp, witty, enthusiastic, focused?)
- What do you need to do to stay on top form? (Exercise, sleep 8hrs, eat healthily, hydrate, laugh, switch off, rest, tech detox, have adventures, meditate, socialise, take time out, have a massage, read quietly)
- What knocks you off balance? (Too little sleep, too much work, too few breaks, financial concerns, negative self-talk, perfectionist tendencies?)
- What realistic changes will you make to ensure you stay on top of your game?

