

# Wellness Recovery Action Plan

The Wellness Recovery Action Plan (WRAP) was developed by Dr. Mary Ellen Copeland as a self-designed plan that allows you to create the life that you want. It does this by helping you discover simple and effective tools to create and maintain wellness, identify what throws you off track and develop a plan to keep moving forward, and how to reach out to the supports needed so that you can stay in control even during a crisis.

Daily Maintenance Plan	
Triggers & action plan	
Early warning signs & Action plan	
When things are breaking down	
Crisis Plan	
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# Wellness Recovery Action Plan

**Brendan G. Carr**



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