

Wellness Recovery Action Plan

WRAP Goal: To develop self-help skills to manage psychiatric experiences.

Session 3 Topic: Developing a Wellness Toolbox

Today's Date: _____ Time: _____ - _____ Duration: _____

Participant's Name: _____ DOB: _____

Site/Location: _____ Code: Class H2014-HQ

SESSION GOAL: Participants will learn about Support; Exercise; Diversionary activities; Relaxation & Stress Reduction; Creative Expression; Sleep and Light and how these can impact recovery.

How has this session helped me to understand today's session goal and how it impacts my recovery?

- It helped me greatly It helped me somewhat Undecided

What I learned today about the importance of having a Wellness Toolbox:

What progress did I make today toward meeting today's "session goals"?

Facilitator Comments:

Participant signature: _____

Facilitator: _____(print) _____(sign)

Facilitator: _____(print) _____(sign)