



## **WRAP® Seminar 1**

### **Two Day Workshop**

#### **Core concepts of W.R.A.P: Hope, Personal Responsibility, Education, Self-advocacy and Support.**

The Wellness Recovery Action Planning (WRAP) Seminar 1 runs over two full days. W.R.A.P. can help to achieve and maintain wellness. It can help us to gain more control over our lives and manage feelings of discomfort. It is designed to help us identify what works and what doesn't work in keeping us healthy. W.R.A.P. is developed by you for you. The workshops prepare participants to develop a WRAP plan. On completion of the Seminar 1 workshops and having developed and used a personalised WRAP plan participants can attend Seminar 2 WRAP Facilitator Training. Who is WRAP for? Wrap is for everyone, individuals, students, health professionals, community professionals and organisations.

The WRAP wellness and recovery approach helps to:

- Decrease troubling feelings and behaviours
- Increase personal empowerment
- Increase awareness of wellness tools and skills
- Achieve a better quality of life

**Cost:** €140.00 Time: 9.30 am to 4.30 pm

**Dates:** Monday 30<sup>th</sup> of January 9.00 am-4.30 pm, Monday 6<sup>th</sup> of February 9.00 am-4.30 pm

**Venue:** Le Cheile, 3 Sexton Street, Limerick

**Booking:** 12 places available, bookings and further information contact:

[info@limerickmentalhealth.ie](mailto:info@limerickmentalhealth.ie)

**Facilitators:** Ciara ní Nuallain and Claire Flynn

<http://copelandcenter.com>

## What is W.R.A.P?

**Wellness Recovery Action Planning** is a plan that teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe personal skills, supports, and strategies to reduce or eliminate symptoms. It is not meant to replace, but to complement professional health support and medications. In developing your own WRAP, you will first want to spend some time developing your “Wellness Toolbox”. The Wellness Toolbox is a listing of those things you may already know and do to take care of yourself and things you think would be helpful. Wellness tools include things like developing a strong support system; peer counselling; focusing; relaxation and stress reduction exercises; journaling; creative, fun and affirming activities; exercises diet; light; and getting a good night’s sleep. Add new ideas to the list as you think of them.

**Daily Maintenance** – those activities you know you must do every day to maintain your wellness. Your daily maintenance plan will include things like getting a half-hour of exercise, drinking eight glasses of water, doing relaxation exercises and spending time doing things you like to do.

**Triggers** – those events that might cause an increase in symptoms like getting a big bill, having an argument with a family member or having car trouble. Using the previously learned strategies in your Wellness Toolbox, you will develop and write a plan to get through this difficult time. Strategies may include calling a supporter, taking extra time to do something fun or deep breathing exercise.

**Early Warning Signs** – those subtle signs that warn of a possible worsening of symptoms like nervousness, sleeplessness or fatigue. You will develop a plan, more intensive than the last one, which will help you avoid further difficulties. This plan might include getting extra exercise, seeing your counsellor, avoiding caffeine or doing some peer counselling with a friend.

**When Things Are Breaking Down** – signs of this may include crying all the time, sleeping all day, being very irritable and shouting at family members and co-workers. You will write a very intensive plan to help relieve these symptoms, like taking three days of from work, asking a family member to take over your household responsibilities or spending two to three hours doing something you enjoy.

**Crisis Plan** – this is thinking your way through a crisis before it happens. This part of the plan may be hard for you to write, be patient with yourself. In this plan, write: **1)** symptoms that indicate that others need to take over responsibility for your care; **2)** Who you want to take responsibility for your care and make decisions for you (give these people copies of your plan); **3)** acceptable and unacceptable actions to take on your behalf.

**Post Crisis Plan** – this is the part of the plan that lets you make something good out of a bad experience. Post crisis planning teaches you to look at the behaviours/events that led to your last hospitalization or other crisis. By doing this part of your WRAP, you should be able to discover the challenges that lead you to relapse.