

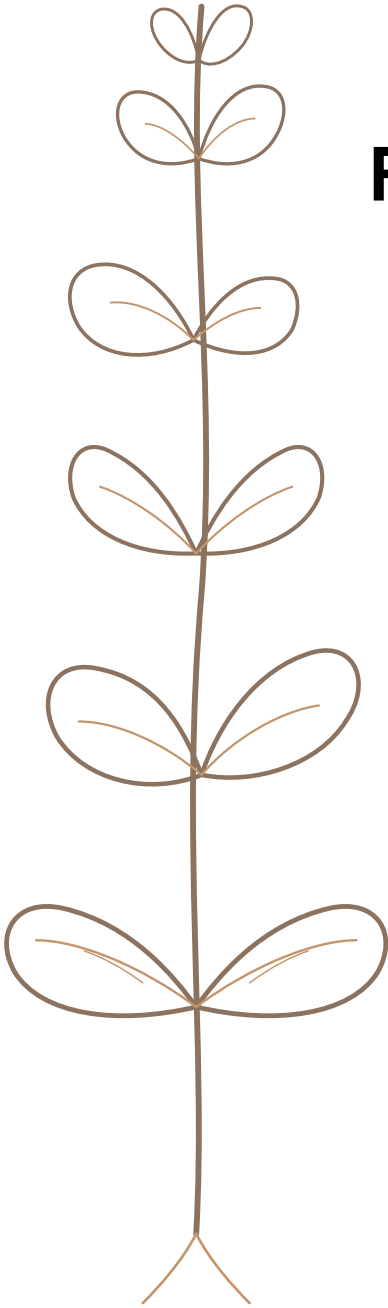
The Holistic Psychiatry Clinic

My Wellness Recovery Action Plan

A Holistic Psychiatry Approach

"Wellness is not something we chase.

It is something we uncover"



What is a Wellness Recovery Action Plan (WRAP)?

A Wellness Recovery Action Plan (WRAP) is a simple, practical way of understanding what keeps you well and what to do when things start to feel difficult.

It was developed by Mary Ellen Copeland and people with lived experience of mental health challenges. WRAP is now used worldwide to support self-reflection, recovery, and wellbeing.

We use our own modified version of WRAP to cater to the needs of people we work with in a holistic manner.

Why We Use WRAP in This Clinic

In our Holistic Psychiatry Clinic, WRAP helps you:

- Build awareness of your mind, body, and lifestyle
- Take an active role in your recovery
- Make conscious choices that support your wellbeing
- Feel more in control and empowered
- Develop sustainable habits for long-term health

How WRAP Supports Safe Medication Tapering

If you are reducing psychiatric medication, WRAP helps you to:

- Recognise early warning signs
- Track your response to changes
- Take early action to stay stable
- Strengthen your foundations through lifestyle medicine (MEDSCA)
- Communicate clearly with your clinician, family, and people supporting you

How to Use This Plan

This is a living document. You do not need to complete it all at once — in fact we suggest you don't. Creating your personalised WRAP document can be a healing, creative process in itself whereby you get to choose and prioritise building your health and wellbeing from the inside out.

We would suggest that you:

- Start small — one section at a time
- Come back to it often and check you resonate with what you have written
- Share it with people supporting you

You may find it helpful to complete this with:

- Your clinician
- A trusted friend or family member
- A support worker, coach, or therapist

There are no right or wrong answers, but it might be worth exploring the sections you struggle with the most. This process will help you identify what systems you already have in place, whether they are working, and — if not — what new systems you need to create. Once you create a new system and experiment with it, give it enough time to become a habit. You may also need to modify it to get better results.

Remember: the WRAP document only works if you use it.

Part 1 – My Vision of Wellness

When I am doing well, my life looks like...

Physical health

Mental health

Career / job / voluntary activities

Relationships

What matters most to me

My Wellness Toolbox

These are the things that generally support your wellbeing.

1. What already works for me

2. What gives my life meaning or inspiration

3. Things I would like to try

My Baseline (When I Am Starting Now)

Mood

Energy

Thoughts / Feelings

Beliefs

Daily routine

Activities I engage in

Quality of my relationships

Part 2 – Lifestyle Foundations (MEDSCA)

Use this page to reflect on what is working for you or what you'd like to build on as you progress in your recovery journey.

M – Mindfulness / Mental Practices

What helps your mind stay calm and clear? What gets in the way?

E – Exercise / Movement

What movement do you currently do? Is there anything preventing you from being more active?

D – Diet / Nutrition

What is your current diet like? What might help you feel more nourished?

S – Sleep

Are you sleeping well? What would need to change for you to feel satisfied with your sleep?

C – Connection

Who supports you? How do you stay connected? Who or what do you want to feel more connected to?

A – Abstinence (freedom from addictive indulgences)

Do you have any addiction to substance, habit, or activity? What helps you avoid things that affect your wellbeing?

Part 3 – My Daily Practice

1. What I need to do every day to stay well

Use the 6 pillars / MEDSCA to guide you

2. What I need to do regularly (not every day)

3. What I know helps me... but I don't always do

This is important — be honest with yourself

Part 4 – Triggers & Early Warning Signs

1. Triggers (what affects me)

2. What I can do to reduce feeling triggered

What do I need to learn to stop reacting and feel more in control?

3. What I can do when triggers happen

4. Early warning signs

Based on your or others' recollections of what happened before a mental health crisis

5. What others may notice

Family / clinicians – it is best to have an open conversation with them and note their concerns

When Things Are Getting Worse

This is different from early warning signs – this is when things feel more serious.

1. What I am like when things are getting worse

Check with family or health professionals who are aware of your history

2. What I need to do at this stage

3. What additional support I may need

My Action Plan

If I notice early warning signs or feel myself struggling, I will:

Things that help me stabilise:

People I can reach out to:

Part 5 – Medication & Tapering Plan

Medication(s)

Current dose

If on more than one medication, which one am I tapering?

What dose am I on at the moment?

Reason for tapering (if applicable)

Agreed taper approach

Follow-up schedule

Weekly

Fortnightly

Monthly

Other

If symptoms increase, I will:

Pause taper

Seek support

Prioritise rest and sleep

Contact clinician

Other

Withdrawal Tracker & Support

Recent dose change?

Yes

No

Sleep

Mood

Anxiety / agitation

Neurological / physical symptoms

Other

Overall stability (circle or tick one)

Stable

Mild

Moderate

Severe

What usually helps when I experience withdrawal symptoms?

What have I heard others say helps during difficult times?

Support network

Emergency contacts

Final Part – Review & Commitment

I will review this plan:

Every 3 months

Every 6 months

As needed

I have shared this plan with:

Name

Signature

Date

Next review date

Thank you for completing this WRAP plan. If you are not working with any healthcare professional from the Holistic Psychiatry Clinic but using this for your own recovery journey, you do not need to share your personalised WRAP document with us. But do use it — and share it with your own clinical team and supporters.