



# Wellness Recovery



## WRAP For Winter

Fall is a symbolic season of change. The leaves turn colours and fall, and a crispness can be found in the air. A striking transformation.

Fall is the season when we prepare for what might be a winter of discontent and havoc. But we also must remember that we will not benefit from dire predictions about our future.

The fact is that you could do a WRAP for Winter. Here is a condensed version of what that might look like for winter and winter events.

**Hope** - Hope it won't be too cold, too long and we don't get too much snow.

**Personal Responsibility** - It is up to me to make sure I have the things I need for the winter months. (snow tires, shovel, sweaters, soup)

**Education** - Make sure to check in with the weather reports.

**Self Advocacy** – If I am not getting services I require on the roads contact municipal office.

**Support** - CAA, Co-workers.

### Wellness Tools

Snow Tires - Hockey - NFL - Being outdoors when I can - Hot baths - Imagining Spring/ Summer - Talking to support

Time off work - coffee - SAD Light - sleep - self evaluation

### Daily Maintenance

When I am well in the winter I am energetic, confident and want to get out of bed in the morning.

Every day I need to:

- Get up after no more than 2 snooze alarms

- Shower

- Have coffee

- Good night sleep(7-8hrs)  
Eat something healthy

- Breathe some fresh air

- Give myself extra time to travel to work etc.

- Things I need to do from time to time:

- Utilize SAD Light

-Look at photos from the summer

-Do a self evaluation

### Triggers & Triggers Action

Gloomy Dark Days =

Utilize SAD light

Storms & Accidents = Self talk, accidents happen and storms are only temporary

### Early Warning Signs & Action Plan

Hitting snooze more than 2 times = make sure getting to bed at a good time

Feeling Tired and

unenergetic = Use SAD light and check in with vitamin supplements

### When Things are Breaking Down and Action Plan

Sleeping in and not wanting to face the day = arrange for some time off

Negative Self talk = talk to a supporter and let them in on how I am feeling

Not wanting to utilize wellness tools - evaluate where I want this to go and use self talk and support to get back to Daily Maintenance and Wellness Tools

Life is not static and neither are the seasons. Winter can be a difficult time for lots of reasons and for each person you will have your own ways of utilizing WRAP. Some folks struggle with the Christmas season and WRAP can be used in those specific situations as well. That is the great thing about WRAP it works in so many ways and in so many situations. It is limitless and so are you!

“The only limits to the possibilities in your life tomorrow are the butts you use today.”

Les Brown

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# CREATING A CULTURE OF WELLNESS & RECOVERY

Culture goes beyond the idea of ethnicity and background, it can be steeped in traditions and rituals, and requires a conscious and intentional effort to create and change. Culture requires a belief system within one's self and folks typically embrace individuals or groups of like-minded individuals.

Peer Support South East Ontario is a culture unto itself, filled with subcultures based on communities and individual and group experiences. We as an organization do our utmost to create spaces which generate and embrace a culture of wellness. We have healthy meals, access to water and groups and activities which are intentionally geared towards wellness. This is an intentional approach which didn't happen over night and took leadership, vision and commitment to continually offer the opportunity for everyone to engage in the culture of wellness.

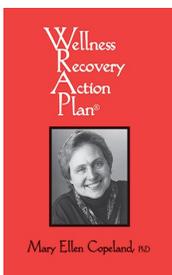
Outside of our organization, as an individual, you would have to take some time to seriously examine the culture of wellness you immerse yourself in and if you are unsatisfied move to intentionally and purposefully create changes to shift your culture towards one of wellness.

Come to think of it you could create a Wellness Recovery Action Plan for creating a culture of wellness!

## WRAP Resources

There are many different resources that are available for you when you are writing your WRAP. Below are the different resources, as well as photos of each so that you are familiar with them.

### THE RED BOOK



This book provides you with a brief overview of WRAP, has descriptions and suggestions for the various sections of WRAP. This book also provides space for you to write out your own WRAP.

There is also a blue book specifically for addictions.

### POCKET WRAP



These are small WRAP booklets that you can carry with you in your wallet. There is not a lot of room in them, and there is only enough room for you to write out the essentials. The crisis WRAP can be very handy as you

are able to get into a little more detail.

### MENTAL HEALTH RECOVERY WEBSITE



<http://mentalhealthrecovery.com/>

You can order books through here as well as find out different trainings and read different articles.

## One to One WRAP

Have you taken WRAP and want some extra help physically writing your WRAP? Are interested in WRAP but cannot fit the traditional WRAP group into your schedule? If yes, one to one WRAP may be for you!

Our Community Peer Support staff are all trained to deliver WRAP, and can facilitate WRAP with you on a one to one basis. They can help you decipher the terms that you learned about in your WRAP groups, put together specific pieces of your WRAP, provide more guidance and support around the WRAP

concepts and go through the entire process with you on an individual basis.

If this is something you are interested in, don't hesitate to contact your Support Centre staff, or you can contact the Community Peer Support staff directly.



# The WRAP APP - Review

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The WRAP app is not an appetizer from your favourite restaurant, rather a technological application which is accessible to iPhone and Android through Google Play.

This technology was recently updated and taken for a test drive, here is what we learned.

First of all in this world of acronyms we live in, with PSSEO, CPS and others, we quickly learned to not search for WRAP Application, rather Wellness Recovery Application and it pops up right away. The second bit of knowledge is that it is advertised through the Copeland site as \$4.99, the conversion at the time of drafting this comes in at \$5.79 Canadian dollars. So we begin to determine if in fact this is money well spent. If you are able to remember your Apple Store password you are well ahead of the game.

Once you have made the purchase and downloaded the app, don't be overwhelmed by the lengthy disclaimer. It is mostly legal jargon to avoid lawsuits.

The application itself is a quick download and once opened quickly takes you into the WRAP. Some early confusion around what the outcome will be occurred for me when I was prompted to email the

first section, which is the Wellness Toolbox. My suggestion would be to not send any



sections via email until you have completed the entirety, for a few reasons. One, you will likely, as I found have to go back and add Wellness Tools as you go, and two, you will have the opportunity to

email the completed WRAP document upon completion. One reason why the offer to send sections may be available is so you can email specific sections of your WRAP to others (ie Crisis Plan). This can be done at completion by clicking under More About WRAP, and then About and you are able to enter the email address you want it sent to.

## The Pros

Compact and easy to navigate through the sections.

Can share parts or completed WRAP with self and others.

Is very easy to change, as WRAP and wellness is ever evolving.

Relatively inexpensive.

Visually impressive.

## The Cons

Lacks interaction. I envisioned the ability to have pop ups and being able to check off my daily maintenance list and perhaps being able to record daily trends etc.

Overall for the price it is not a bad tool, considering the cost of other WRAP related literature. My hope is that they will continue to work with the suggestions of folks who use it. This app is not meant to replace WRAP courses or training rather enhance it and it certainly does that.

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## Hope

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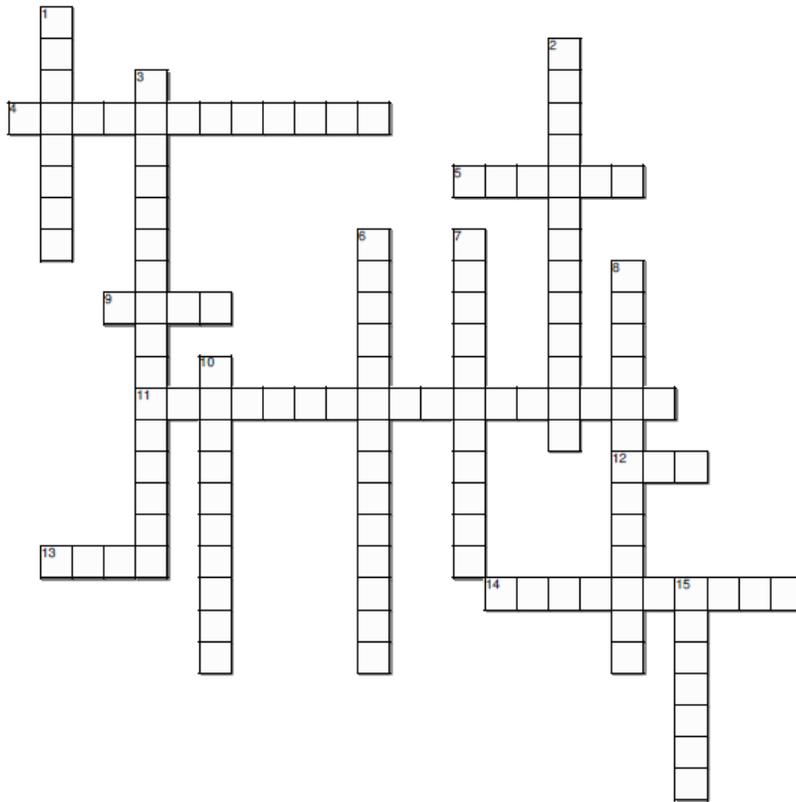
I used to really be an eternal optimist, looking at things and always believing everything would just work out for the best in all that life had to offer. From my perspective today, that is not really hope. It is not that I have become jaded and cynical, rather see that hope is not just a magical dream, rather it takes some personal responsibility, education, self advocacy and support. I used to just toss myself to the whimsy of the world around me and hope for the best, and in most cases expected the best and was devastated when things did not work out.

The reality is that I have learned that hope alone is not going to keep me well, nor is it going to maintain other aspects of my life. I need to be deliberate in how I am going to plan for these things while incorporating hope. For example it isn't enough for me to hope to get out of bed in the morning, I need to set an alarm and use some self talk and potentially remind myself the consequences of staying in bed for the day and where that may lead. Hope doesn't get me out of bed in the morning, but it certainly plays a big role in putting things into perspective for the day ahead. The message and lesson I learned is what you get out of life and wellness is what you put into it and having a plan and being prepared for the obstacles goes a long way in that pursuit. I hope this finds you all well and incorporating WRAP to maintain your wellness.

# WRAP Crossword Contest

## Wellness Recovery Action Planning

Complete the crossword below



### Across

4. It is done in a respectful manner for best results(2 wds)
5. The acronym for remembering the Key Concepts?
9. The number of key concepts?
11. Subtle signs that things are not as they should be? (3 wds)
12. The number of sections in a WRAP?
13. I will not benefit from dire predictions about my future?
14. The Crisis plan recommends at least 5 of these?

### Down

1. Mary Ellen-\_\_\_\_\_?
2. In WRAP, the focus is on individual strengths and away from perceived deficits. Is an example of?(3wds)
3. Has three parts?(2 wds)
6. It comes after the Crisis Plan?(3 wds)
7. These part of WRAP follows Triggers, Early Warning Signs, When Things are Breaking Down?(2 wds)
8. Free or inexpensive things which keep us well?(2 wds)
10. Has three times as many parts as the Daily Maintenance?(2 wds)
15. An external event that makes you feel uncomfortable?

Send us a copy of the completed crossword for your chance to win the WRAP App on us! Entries can be submitted via email, simply cut and paste the completed puzzle. All correct entries will be placed in a random draw to win one of three WRAP App prizes.

Send to [tbuchanan@psseo.ca](mailto:tbuchanan@psseo.ca)



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