

Wellness Recovery Action Planning Newsletter

WINTER 2014

Evidence Based Practice

After being rigorously studied by well-known and respected researchers, WRAP, through use of the Facilitator's manual, is recognized as an evidence based practice. It is imperative that we stay true to the evidence based practice, and deliver exemplary, accurate WRAP groups. WRAP groups must be a minimum of 16 hours and facilitated by 2 trained WRAP facilitators.

Hope

The first of the 5 key concepts is hope. Hope is a key part of recovery, and in order to work towards your recovery, goals, and personal successes, you must believe that it is possible! There is highly respected research that shows us that recovery is not only possible, but probable. Some things that people have shared that give them hope are; seeing recovery in others, recognizing and acknowledging previous goals and successes, having a positive mindset, thinking of their loved ones or even something as simple as seeing a rainbow. No matter how big or small, find what gives you hope and hold on to it. A great way to inspire hope in others is by sharing your stories, or stories of others who have overcome their obstacles and met their goals. Page 3-3 of the Facilitator's Manual shares a story by Mary Ellen Copeland, based on her mother's life, and her own, describes how they both found hope and were able to work towards their recovery and meet their goals.

Share your Story:

Share your story with the Network!

Submit your short story of hope in your recovery and how having hope helped you achieve your goals. Or, share your story of how you identified a trigger, and how your Triggers Action Plan helped you to handle that trigger. Two stories will be shared in the Spring WRAP Newsletter!



In your Facilitator's manual:

Page 1-4 and 1-5 review the Values and Ethics of WRAP. Check in with these from time to time to ensure you are upholding the Values and Ethics of WRAP, and honoring your participants.

Triggers and Action Plan

Triggers are external events and circumstances that may cause a uncomfortable or negative response from you. Triggers can be just about anything, and like all areas of WRAP, vary person to person. A trigger could be an anniversary, financial issues, lack of sleep, feeling threatened, being in a large crowd, or seeing/hearing a traumatic event.

A Triggers Action Plan helps you determine what you are going to do when you are faced with a trigger, or know a triggering event is approaching. You might develop an Action Plan for each individual trigger, or a general Action Plan. An Action Plan might include calling a friend, journaling your feelings, going for a walk, or making plans to

do something special, whatever is going to help alleviate how that trigger makes you feel. Having a group discussion about Triggers and Triggers Action Plans is a great way to connect with your group participants and get them thinking about their own recovery, and what plans they can put in place to help keep them well.

WRAP for Healthy Living/Weight Loss

Here are some examples of what a Wellness Recovery Action Plan for healthy living/weight loss might include:



Wellness Toolbox

- Go for a walk
- Talk to a friend
- Physical activity
- Planning healthy meals
- Making healthy meals to freeze for later consumption
- Having a 'cheat day'
- Exposure to light
- Getting adequate sleep
- Going to a Weight Watchers group

Daily Maintenance Plans

What I am Like when I am Well

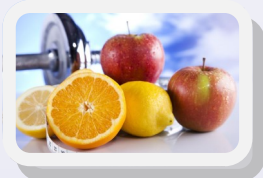
- Happy
- Talkative
- Controlled
- Humorous
- Active
- Eating well
- Drinking water

What I need to do Every Day to Stay Well

- Exercise for at least ½ an hour
- Do a self check-in
- Drink at least six glasses of water
- Eat three healthy meals and two healthy snacks
- Check in with a friend
- Check in with family

What I Might do any given Day to Stay Well

- Go for a swim
- Go to a Weight Watchers meeting
- Check in with my online support group
- Drink 2 extra glasses of water
- Visit a friend/supporter
- Bake a healthy treat
- Volunteer



Triggers

- Stress
- Alcohol
- Break in routine
- Being teased or put-down
- Financial stresses
- Extreme guilt
- My favorite junk foods
- Parties



Triggers Action Plan

- Bring my own food to parties
- Ensure there is no junk food in the house
- Ensure I have healthy snack foods packed for emergency situations
- Focus on my goals
- Talk to a friend/supporter
- Journaling
- Avoid excessive drinking

Early Warning Signs

- Lack of motivation
- Less time spent doing physical activity
- Purchasing junk food
- Increase in alcohol consumption
- Avoiding supporters
- 'busing' myself with other things
- Not preparing daily meals and snacks
- Not completing grocery shopping when supposed to
- Craving food



Early Warning Signs Action Plan

- Talk to a supporter/friend
- Check in with my online support group
- Arrange to exercise with a friend until feeling better
- Do a 10 minute relaxation exercise
- Allow myself an extra cheat day and then get focused again

When Things are Breaking Down

- Going to fast food restaurants
- Binge drinking
- Avoiding cooking altogether
- Skipping meals
- Drinking pop
- Avoiding physical activity
- Lying about food and exercise

When Things Are Breaking Down Action Plan

- Arrange to meet with a friend or supporter to exercise, even if just going for a walk
- Remove junk food from the house
- Use pre-frozen meals to ensure healthy eating
- Eat with a friend at home

Try Something New!

If you are interested in facilitating a 2-day WRAP group at your Centre, please contact Corrie at 613-920-0888 or cvellekoop@mhsn.ca for more information.