

What is WRAP(R)?

- WRAP is a self management tool developed by people in recovery, for people in recovery.

- Wrap stands for Wellness Recovery Action Plan

- WRAP is a self management tool designed by ourselves that assists us in promoting wellness in our lives

- It can be used for any of life's challenges, mental health, physical health, relationship challenges and more.

- "It empowers you to maximize your wellness and be in control of your life."
Mary Ellen Copeland

The Elements of WRAP(R):

- Key recovery concepts
- Wellness Toolbox
- My WRAP plan

I work with my peers to find my own answers

Key Recovery Concepts

HOPE

EDUCATION

PERSONAL
RESPONSABILITY

SELF-ADVOCACY

SUPPORT

Wellness Toolbox

Activities you enjoy

Going for a walk
A relaxation exercise
Listening to my favourite music
Making contact with friends or family

These are building blocks of Recovery

WRAP Plan

Daily Maintenance Plan.
Triggers and Action Plan.
Early warning signs and Action Plan.
Things breaking down and Action Plan.
Crisis Plan
Post Crisis Plan

Who needs WRAP(R)?

If you would like to improve your:

- Mental health
- Physical health
- Finances
- Relationships
- Weight issues
- Business challenges

Then WRAP will help


My WRAP is my action plan.
Designed by me to keep myself well.


Helen Mc Crarren is an advanced level
Wrap facilitator accredited by the Copeland Centre.

Helen has been facilitating WRAP workshops since 2009
and has been training others to become
WRAP facilitators since 2011.

For more information on WRAP,
please contact

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What people are saying about WRAP

WRAP has brought me on magical journey of self awareness
and has restored a deep sense of balance in my life.
A.S.

WRAP has given me the wherewithal to remain grounded
and focused in my often chaotic world..
E MC K

WRAP gave me hope and made me aware that no
'label' can prevent me from living a normal fulfilling
life with dreams, goals and aspirations.
S.S

It gave me the kick up the butt I needed to get
my life back. *cancer survivor

It helped me as a parent to recognise when I was
taking personal responsibility for others when
they needed to take it themselves.

Helen Mc Crarren
has delivered workshops in a variety of settings such as
Adult Mental Health Cancer support groups
and HSE staff.

She was on the International panel of speakers
at the WRAP around the World conference in 2013.

Helen is a passionate advocate for the use of WRAP.

She believes the use of WRAP
can enhance every aspect of our lives.

The journey of thousand miles
begins with one step.

WRAP

Wellness Recovery Action Plan

Based on the work of
Mary Ellen Copeland Phd

WRAP
My
Wellness
Plan