

Wellness Recovery Action Packs (WRAPs)

We all have times when we don't feel so emotionally healthy. Sometimes we know what has triggered it and sometimes we do not. Alongside talking to others and asking for help, WRAPs can be a helpful tool in helping recover your mental health.

What's in a WRAP?

First of all, no two WRAPs are the same, just as no two humans are the same. We all enjoy different things and have had different experiences in life and so each person needs to take time to think for themselves what they might like in their WRAP.

Here are some ideas to get you started:

- Bottle of Thanks (or a poster etc) - Filled with all the things in life that you can often take for granted but are thankful for.
- Calm me jar - sealed jar with glitter and water which you can shake and calm down as you watch the glitter slowly settle to the bottom of the jar.
- Photos - of people who you love or that remind you of your favourite memories e.g. a special holiday or day out. Or perhaps some funny photos from google that always make you smile.
- Letters - who cares for you? Ask them to write you a little card telling you what they love about you and keep that in your WRAP.
- 10 a day bookmark - perhaps there is something on their that you haven't done today and you could then take time to do that thing.
- Colouring - a few calming colouring sheets, perhaps they could even have a positive message on them that it would be good for you to remember.
- Notepad - it might help to write your feelings out onto a page.
- A small selection of special pens or pencils you will enjoy using.
- Think about all your senses. Do you have a favourite smell? Could you find something that could smell like that? Or a soothing piece of fabric? A favourite song list you could then listen to. Or even a small sweet to make your taste buds dance!
- A, "Why not...?" list. This is a short list of activities that you really enjoy and can do very easily. It would be great if some of them included getting some fresh air too. Go for a walk, dance to your favourite song, do your own 'Calm me' time (Smiling Mind or Headspace apps are free and very helpful) or even cuddle your pet. Build up a bank of actions that could help.



Be as creative as you like. Think about what makes you smile and use your imagination to think about how something linked to that could go in your WRAP.