

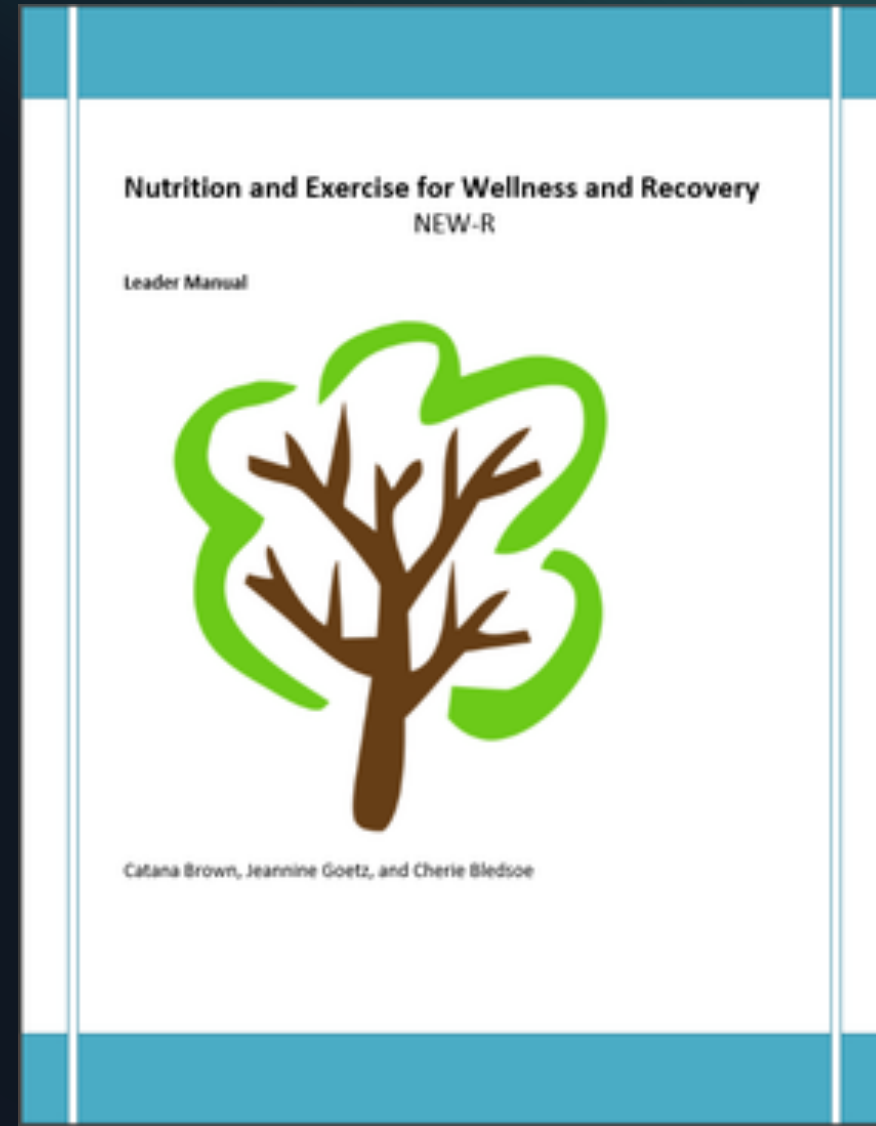


WRAP ® Worksheet

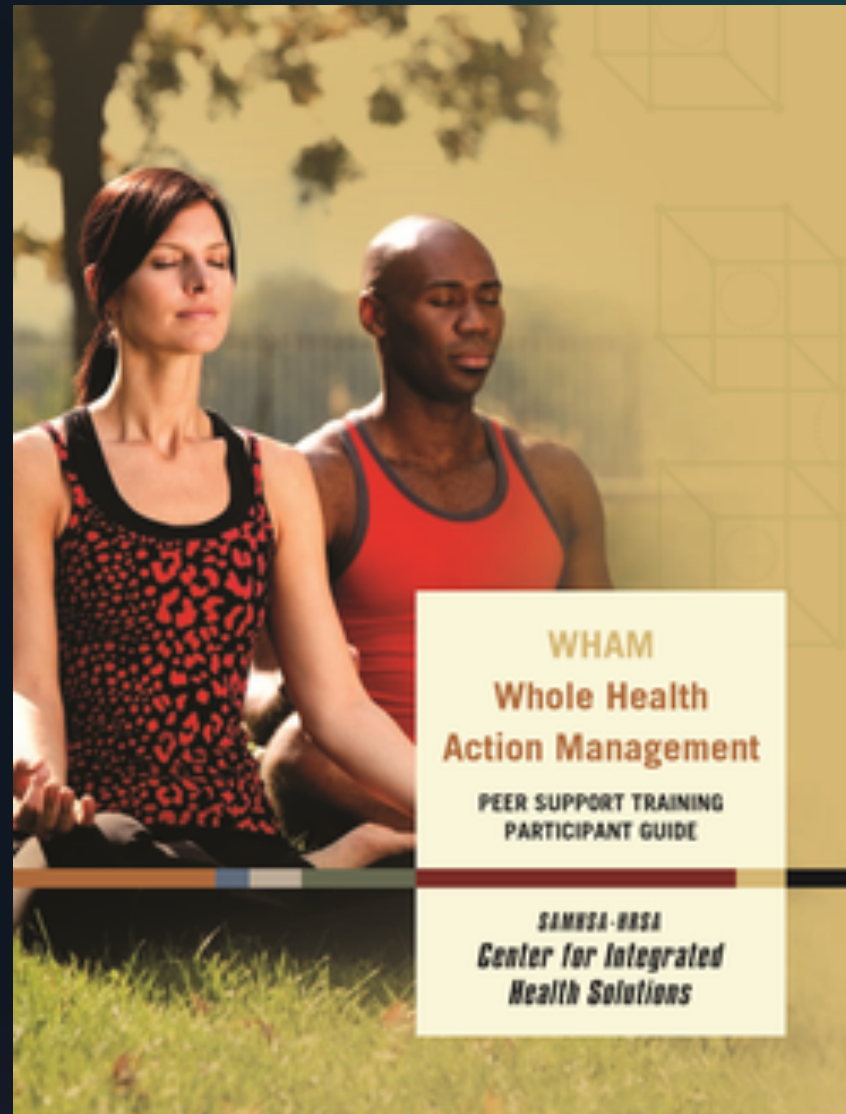
- I. Developing a Wellness Toolbox
- II. Daily Maintenance Plan
- III. Triggers
- IV. Early Warning Signs
- V. When Things are Breaking Down
- VI. Crisis Planning
- VII. Post Crisis Plan

<https://copelandcenter.com>

Nutrition & Exercise for Wellness & Recovery (NEW-R)



Whole Health Action Management (WHAM)



<http://www.center4healthandsdc.org/wham-training-guide.html>

Study Findings – Health Practices

In survey and longitudinal studies with people with serious mental illness, models such as health screenings and wellness interventions show significant improvement in areas such as:

- ✓ Better physical functioning
- ✓ Reduction in role limitations due to poor physical health
- ✓ Higher self-rated ability to engage in health practices
- ✓ More positive ratings of health locus of control
- ✓ Higher levels of patient activation

Thresholds Health Literacy Center



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THANK YOU!

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