



WRAP in Color

A Coloring Book from Wellness Recovery Action Plan



What Is WRAP?

Wellness Recovery Action Plan (WRAP) is a simple, powerful process that anyone can use to get well, stay well, and deal with any situations or challenges in life. People around the world use this self-directed wellness practice for everything from depression or mental illness to health issues, life challenges and transitions, addictions, and more. WRAP is an evidence-based process for creating the life and wellness you want.

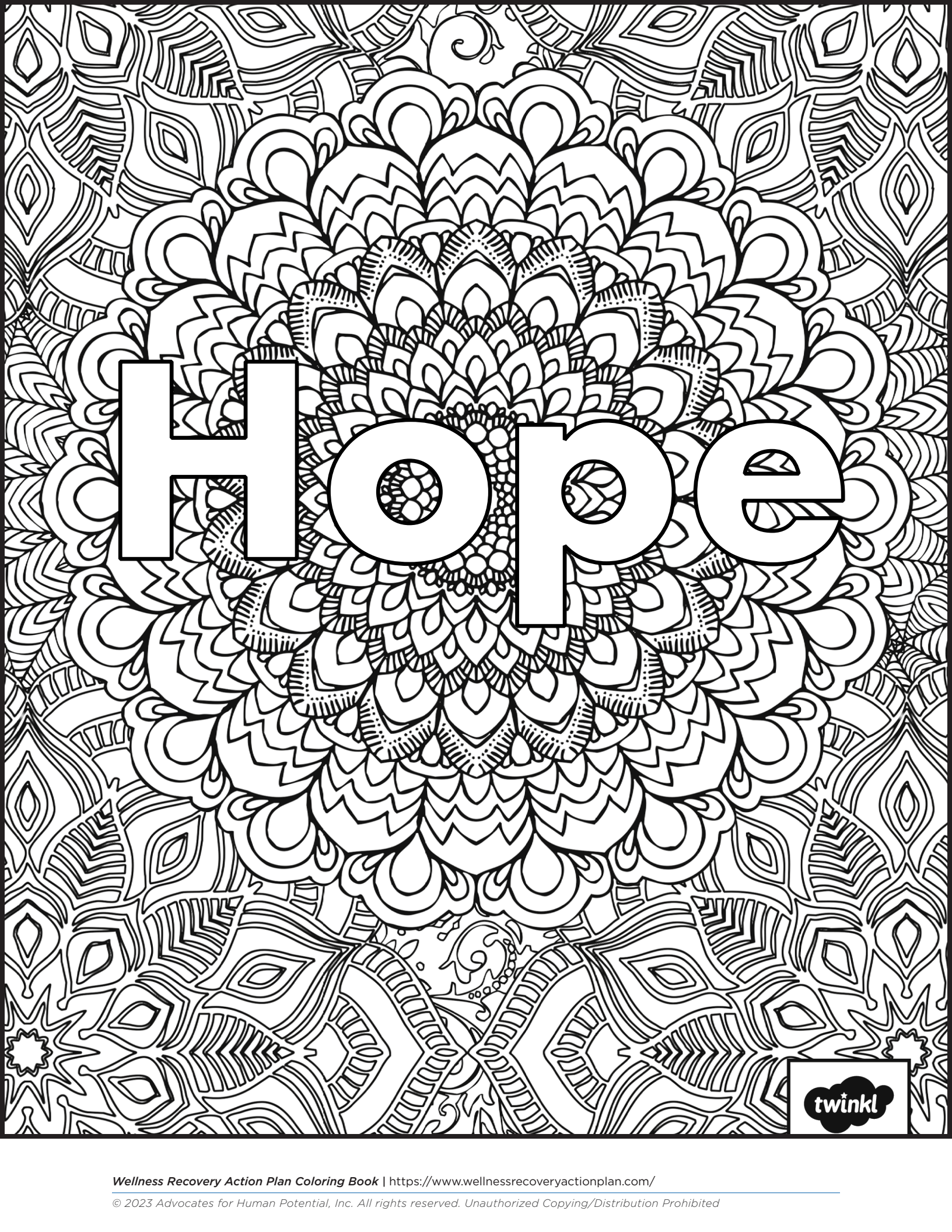
The WRAP process supports you in identifying the tools that keep you well and creating action plans to put those tools into practice in your everyday life. Along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your life.

The key concepts of WRAP are:

- Hope
- Personal responsibility
- Education
- Self-advocacy
- Support

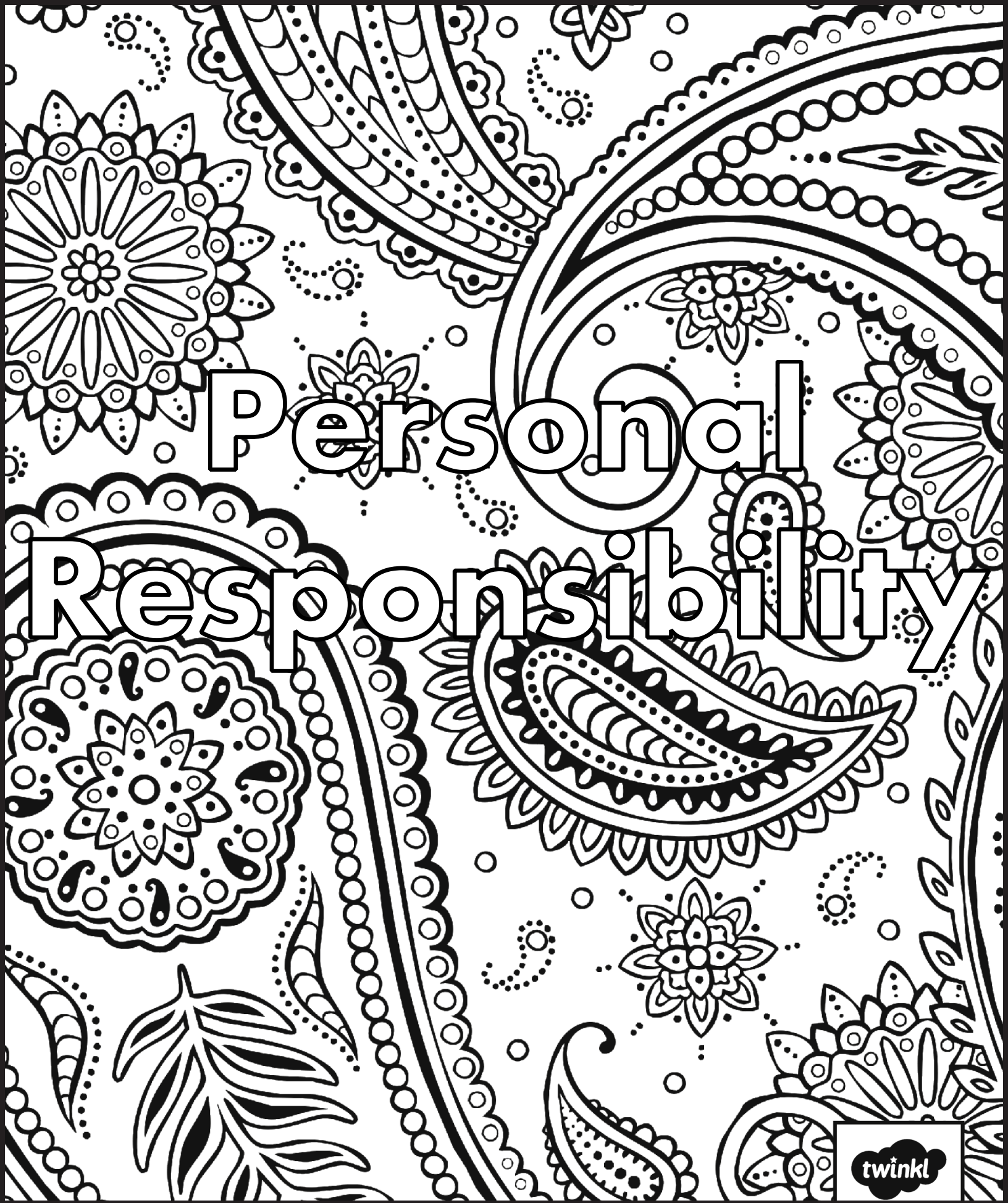
We offer you this free WRAP coloring book to use as one of your wellness tools, in support of Mental Health Action Day, May 18, 2023.

To create the life you want and maintain your wellness, take time for your own wellness each day!



HOPE

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Personal Responsibility



The background of the entire page is a dense pattern of vertical, wavy lines. Overlaid on this are several detailed line drawings of marine life. In the top left, there's a small, striped seashell. To its right is a larger, more complex shell with many ridges. In the top right corner, a large, multi-armed sea creature, possibly a nautilus or a similar mollusk, is shown. In the center, a large, star-shaped sea creature, likely a brittle star or brittleurchin, is depicted. Below it, on the left, is a large, spiral seashell. To its right is a smaller, more rounded shell. In the bottom left, there's a small, spiral shell. In the bottom right, a large, multi-armed sea creature, similar to the one in the top right, is shown. The word "Education" is written in a large, bold, sans-serif font across the center of the page, with a thick black outline.

Education

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Self- Advocacy

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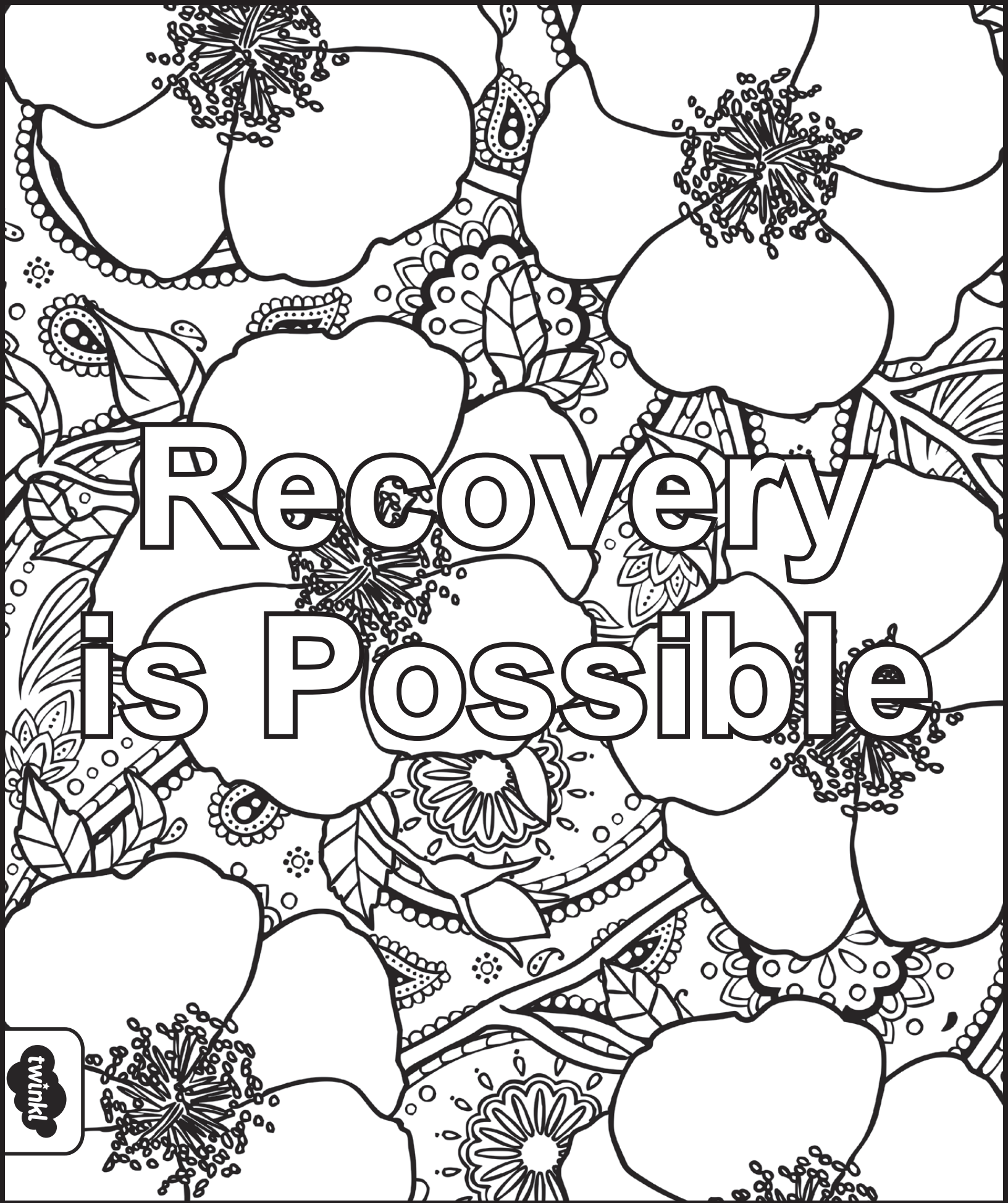
Support

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I Am the
Expert on
Myself

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WRAP



I Am Unique

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TAKE ACTION TO ENHANCE YOUR MENTAL HEALTH TODAY!

For 25 years, people around the world have used WRAP to support their goals and transform their lives. Whatever your goals or challenges, you can use WRAP to help you get well and stay well—your way and on your terms.

WRAP isn't an expensive plan or medical treatment; it's a simple written plan that you create, manage, and share with your supporters (when you want).

A core WRAP belief is that there are no limits to recovery and wellness!

Here are some ways to join the international WRAP community or learn more:

- Website, bookstore, and blogs (<https://www.wellnessrecoveryactionplan.com>)
- Newsletter (<https://www.wellnessrecoveryactionplan.com/newsletter>)
- Facebook group (<https://www.facebook.com/WRAPYourWellnessYourWay>)
- Videos (https://www.youtube.com/@advocatesforhumanpotential8371/videos?view=0&sort=dd&shelf_id=0)

Take a step toward improving your wellness, your way, on Mental Health Action Day and every day!

