

Name: \_\_\_\_\_

# Wellness Recovery Action Plan

H P E R S O N A L R E S P O N S I B I L I T Y Z  
T T S I L E C N A N E T N I A M Y L I A D N B V  
L B C E T A T I D E M E P O H U D U C G T P B E  
A R A T I A C T I O N P L A N T R T P N J O D S  
E E R G L S T H N W E L L N E S S Z S N O S G L  
H A E K J D N P S N S W R E M O U P P S U I C E  
O T P R Z M U G Q E J O M V F I I W W E R T R E  
C H R F A V A X I U L O O K W H K A N L N I E P  
U I O L O C U V L S H F I Y S F L I O F A V A F  
D N V P J C F H O B G N E N K A M R I A L E T A  
D G I E M Q U L H I D N O S S X E K T D I T I M  
L E D E H E Q S E N D I I Y T Q D W A V N H V I  
I X E R A S V I E S T I T N B E W C X O G O I L  
N E R S C I R S I A M H N E R R E P A C S U T Y  
G R S U K C S I L R S Z L G S A R M L A E G Y S  
P C H P J R J E Y O E I M W C R W V E C P H S J  
E I H P X E R V C T I D I E T R J Y R Y B T I T  
T S F O A X A P E H R L L W S Y I N L U W S Q S  
S E Y R T E Q R T U A F N L M I Y S H R V A Y E  
I S S T R E S S R E D U C T I O N O I M A V H R  
C Q S L O O T S S E N L L E W Q I F M S K E Z U  
V P Y M U S I C Q J U T R O P P U S K H X E P T  
J S S R E G G I R T O E D U C A T I O N X F R A  
Y M T F W Z V Z L T B V I S U A L I Z A T I O N

action plan   acts of kindness   avoiding crisis   boundaries   breathing exercises   care providers  
creativity   cuddling pets   daily maintenance list   diet   early warning signs   education   exercise  
family   focus   health   home   hope   journaling   meditate   music   nature   peer support  
personal responsibility   positive thoughts   relationships   relaxation   self advocacy   self care  
self esteem   sleep   stress reduction   support   triggers   visualization   wellness   wellness tools