

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