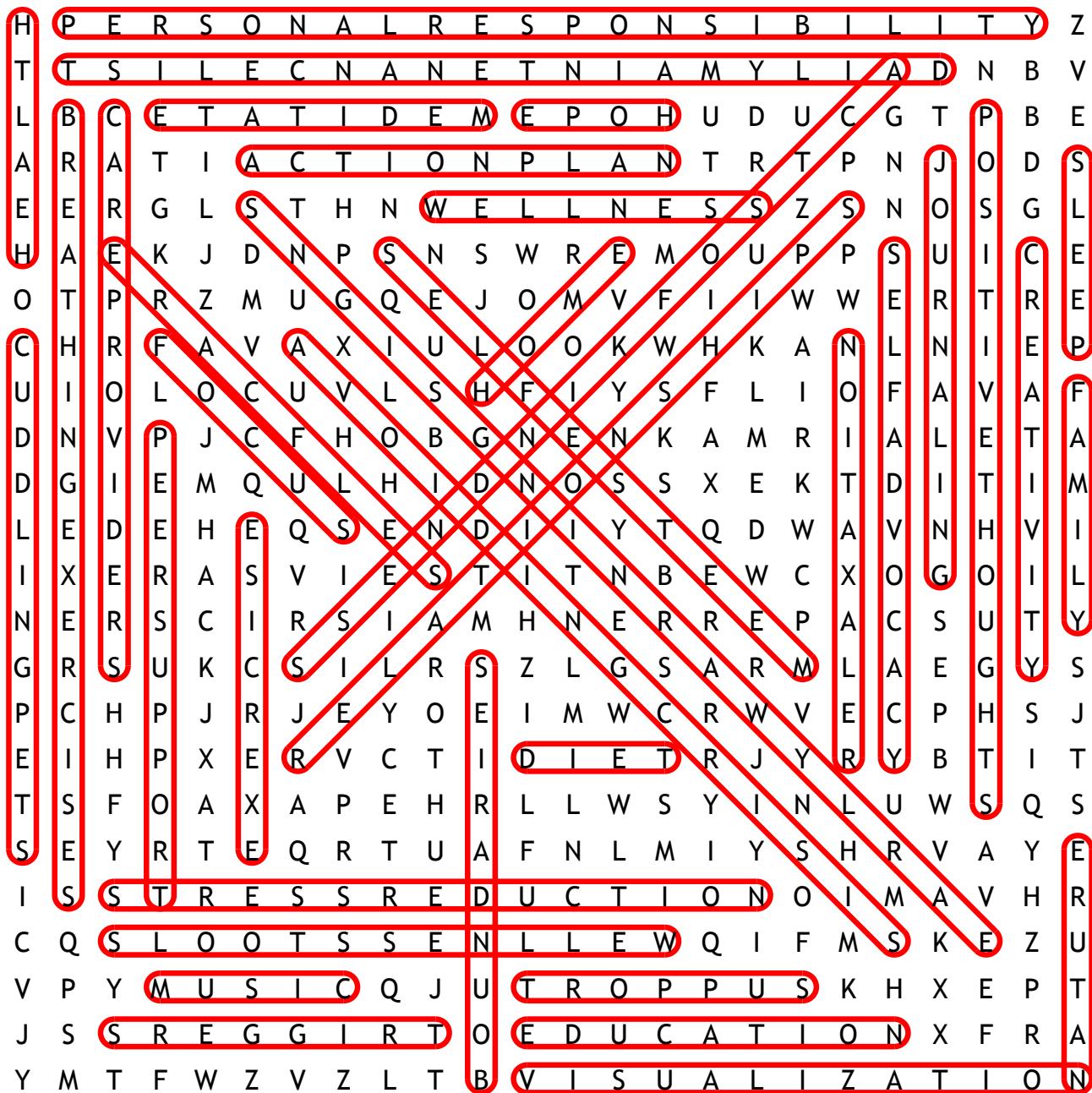


Name: _____

Wellness Recovery Action Plan



personal responsibility
positive thoughts
care providers
self advocacy
self esteem
relaxation
meditate
family
music
hope

daily maintenance list
acts of kindness
wellness tools
visualization
boundaries
education
triggers
health
sleep

breathing exercises
stress reduction
cuddling pets
peer support
creativity
self care
wellness
nature
diet

early warning signs
avoiding crisis
relationships
action plan
journaling
exercise
support
focus
focus
home