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

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
home

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