

Wellness Recovery Action Plan (WRAP)

Patient Information

Name: John Doe

Date of Birth: January 15, 1985

Mobile: (555) 123-4567

Email: john.doe@email.com

Emergency Contacts

- Emergency Contact 1: Jane Doe (sister) - (555) 987-6543
- Emergency Contact 2: Dr. Kellie Smith (primary care physician) - (555) 789-0123

Personal History

John Doe, born on January 15, 1985, has a history of major depressive disorder diagnosed in 2010. Currently, he is on a stable regimen of selective serotonin reuptake inhibitors (SSRIs) with periodic dosage adjustments. John has experienced episodic anxiety and stress, particularly related to work pressures.

Wellness Toolbox

Regular physical exercise, such as taking 30-minute walks three times a week, is recommended.

A recommended practice for relaxation is to engage in mindfulness meditation for 10 minutes every morning.

A nightly journaling routine to express emotions and maintain emotional well-being.

Close friends and family members as a support network: Monthly check-ins with sister Jane.

Daily Maintenance Plan

As part of his morning routine, he likes to spend 15 minutes practicing mindfulness.

Taking short breaks during work hours to engage in activities such as walking or practicing deep breathing exercises can promote a positive work environment and improve overall well-being.

In the evening, engaging in a hobby or activity that helps you relax is important.

Triggers and Early Warning Signs

Triggers for these issues include work-related stress and sleep disturbances.

Early warning signs of a potential problem include insomnia, increased irritability, and withdrawal from social activities.

Observable behaviors that may indicate an issue include decreased work productivity and withdrawal from social interactions.

Crisis Plan

The primary care physician is Dr. Smith. Preferred crisis interventions include medication adjustment consultation and teletherapy sessions.

Prefer outpatient crisis management; hospitalization is reserved for extreme situations.

Wellness Management And Recovery Workbook

Ian Pickup



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