

HELP for
HEROES

RECOVERY COLLEGE:
SELF-HELP GUIDES
TO RECOVERY

MAKING A
**WELLNESS
ACTION
PLAN**



YOUR WELLNESS ACTION PLAN

A Wellness Action Plan ('WAP') is an easy and practical tool you can use to support your own wellbeing. Making one helps you to set out a clear idea of what keeps you well and who you can turn to when you feel you need support.

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**IN THIS GUIDE,
YOU WILL GAIN AN
UNDERSTANDING OF
WHAT A WAP IS AND
HOW YOU CAN CREATE
ONE OF YOUR OWN.**



According to the organisers of Global Wellness Day, a not-for-profit social project dedicated to living well:

“Wellness is the active process of becoming aware of and making choices towards a healthy and fulfilling life. It is more than being free from illness, it is a dynamic process of change and growth”.

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WHAT IS A WELLNESS ACTION PLAN?

A WAP is unique to each individual. Read through these different definitions of what one is, to help you understand what your WAP might look like.

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According to the charity, MIND:

“A personal action plan to proactively manage your mental health [which] allows people to plan in advance and develop tailored support for a time when they aren’t coping so well.”

Adapted from a definition by healthcare provider, BUPA:

“A tool to help you and others share what keeps you well and when and why you might become unwell. It helps you improve wellbeing or support recovery. Wellness Action Plans are for everyone, not just someone who has a problem right now. For all of us, it’s important to stay aware of our mental health, and a Wellness Action Plan can help with this.”

Adapted from the NHS Cheshire & Wirral Partnership website:

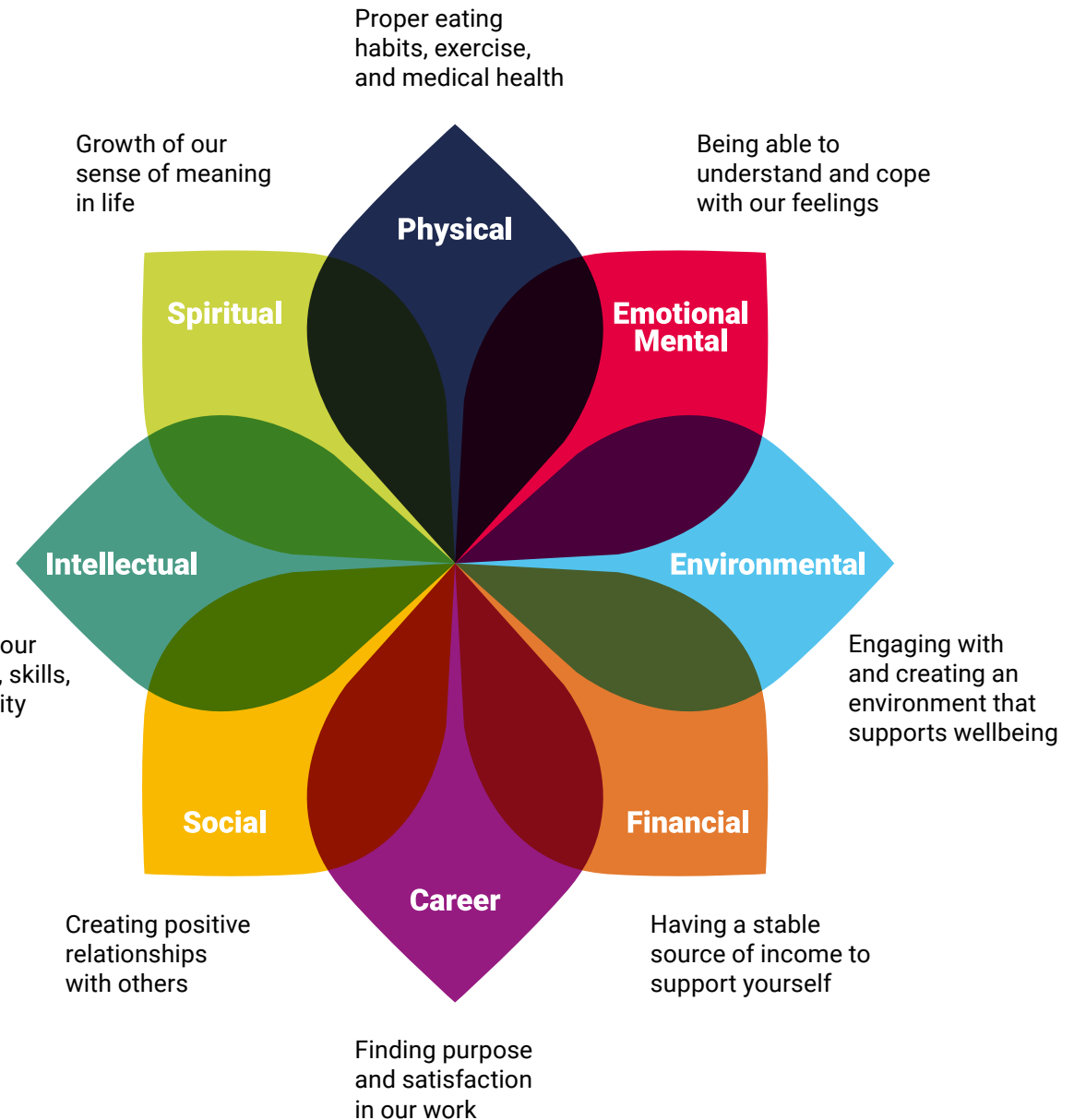
“A tool that can aid an individual’s recovery. Its underpinning principles support the recovery approach. A Wellness Action Plan is a way of monitoring wellness, times of being less well and times when experiences are uncomfortable and distressing. It also includes details of how an individual would like others to support them at these different times.”

ACTIVITY

Based on the definitions you have seen and your own thoughts, try writing your own definition of a WAP.

WHAT KEEPS US WELL?

People often think about wellness in terms of physical health, but it is about so much more. Wellness is about fuelling the body, engaging the mind and nurturing the spirit. Think of it in terms of these eight things, all of which need your attention. Neglecting any one of these can, over time, affect the others and lead to a dip in your overall wellbeing and quality of life.



HERE ARE
FIVE THINGS
TO KEEP IN MIND
WHEN YOU ARE
WRITING A WELLNESS
ACTION PLAN:

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+ HAVE HOPE

People who experience mental health difficulties can get well, achieve their goals and meet their full potential.

+ TAKE PERSONAL RESPONSIBILITY

It's up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well.

+ EDUCATION IS KEY

Learn all you can about what you are experiencing so you can make good decisions about all aspects of your life.

+ SPEAK UP FOR YOURSELF

Reach out to others to get what you need, want and deserve to support your wellness and recovery.

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+ SUPPORT IS VITAL

Whilst working towards your wellbeing is your responsibility, receiving support and giving it to others will help you feel better and enhance your quality of life.

TIP:

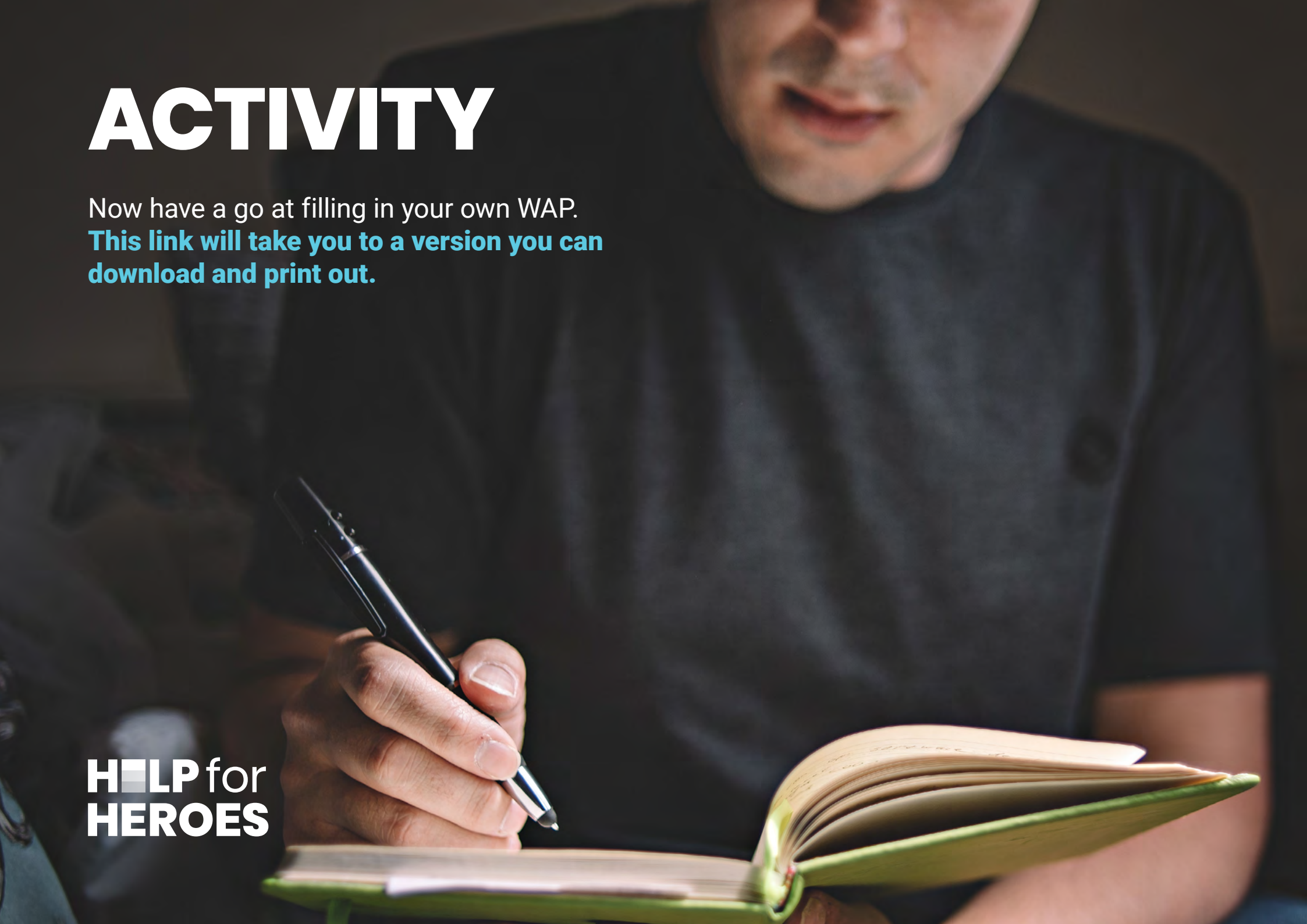
Remember your GP can support you with your wellbeing and you should make an appointment if you feel you need to. Even if taking this step feels overwhelming, think of it as a positive action towards managing your own wellbeing.

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ACTIVITY

Now have a go at filling in your own WAP.
**This link will take you to a version you can
download and print out.**

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AND FINALLY...

By creating your own WAP, you will have identified areas you can work on to maintain your wellbeing. Our series of Self-Help Guides to Recovery are designed to help you with this part of your recovery journey, and can be worked through at your own pace.

SELF-HELP GUIDES TO RECOVERY:

EATING WELL

SLEEPING WELL

OWNING YOUR OWN ROUTINE

YOGA FOR WELLBEING

MANAGING ANXIETY

A FIELD GUIDE TO SELF-CARE.

If you have any questions at all, take positive action by contacting a member of our Recovery team:
getsupport@helpforheroes.org.uk