

## **Suggestions for content of a Wellness Recovery Action Plan:**

### **1. A daily maintenance plan (my plan for keeping on an even keel at work)**

- How I am/what I am like when I am on an even keel? – a typical 'good day'.
- What I can do to keep myself on an even keel at work?
- What can my manager (and/or colleagues) do to help?

### **2. Triggers – things that happen which knock me off balance (things that make me feel anxious, miserable, discouraged etc.)**

- What are the things that upset me – either things at work or things at home that may get in the way of my work?
- What I can do to keep on an even keel; when 'triggers' occur?
- What can my manager (and/or colleagues) do to help me stay on an even keel when 'triggers' occur?

### **3. Early warning signs (subtle changes in my thoughts, feelings or behaviour that tell me things are not quite right)**

- What are my early warning signs that all is not well?
- What I can do when I notice my early warning signs?
- What can my manager (and/or colleagues) do to help me if they notice my early warning signs?

### **4. Signs that a crisis is looming (changes in my thoughts, feelings or behaviour that tell me things are breaking down)**

- What are my signs that a crisis is looming?
- What I can do when I notice my signs that a crisis is looming?
- What can my manager (and/or colleagues) do to help me if they notice my signs that a crisis is looming?

### **5. Plan for getting back on track after a crisis**

- What would this plan look like?
- What I can do?
- What can my manager (and/or colleagues) do?