

# The Wellness Recovery Action Plan (WRAP®) *In the Workplace*

**May is Mental Health Awareness Month**

Visit California's Mental Health Movement at  
[www.eachmindmatters.org](http://www.eachmindmatters.org)

## **We can't help anyone if we are not doing well**

The Wellness Recovery Action Plan (WRAP®) is a part of the National Registry of Evidence based programs and practices. It has been changing lives for over 20 years.

### Wellness Tools Overview

What I'm Like When I'm Well Exercise

How To Check In With Yourself

Daily Maintenance Plan

Triggers

Early Warning Signs

When Things Are Breaking Down

Lifestyle Issues Handout

60 Ways to Nurture Myself

25 Actions to Boost Your Self-Esteem

Personal Bill of Rights

### Three Opportunities

May 26, June 9, June 23

9:00-11:00am

Virtual Training through ZOOM

Registration for this training is required. For more information and to RSVP contact:

**Victoria Meredith [vmeredith@t-mha.org](mailto:vmeredith@t-mha.org)**

**TMHA Staff Register on RELIAS**

