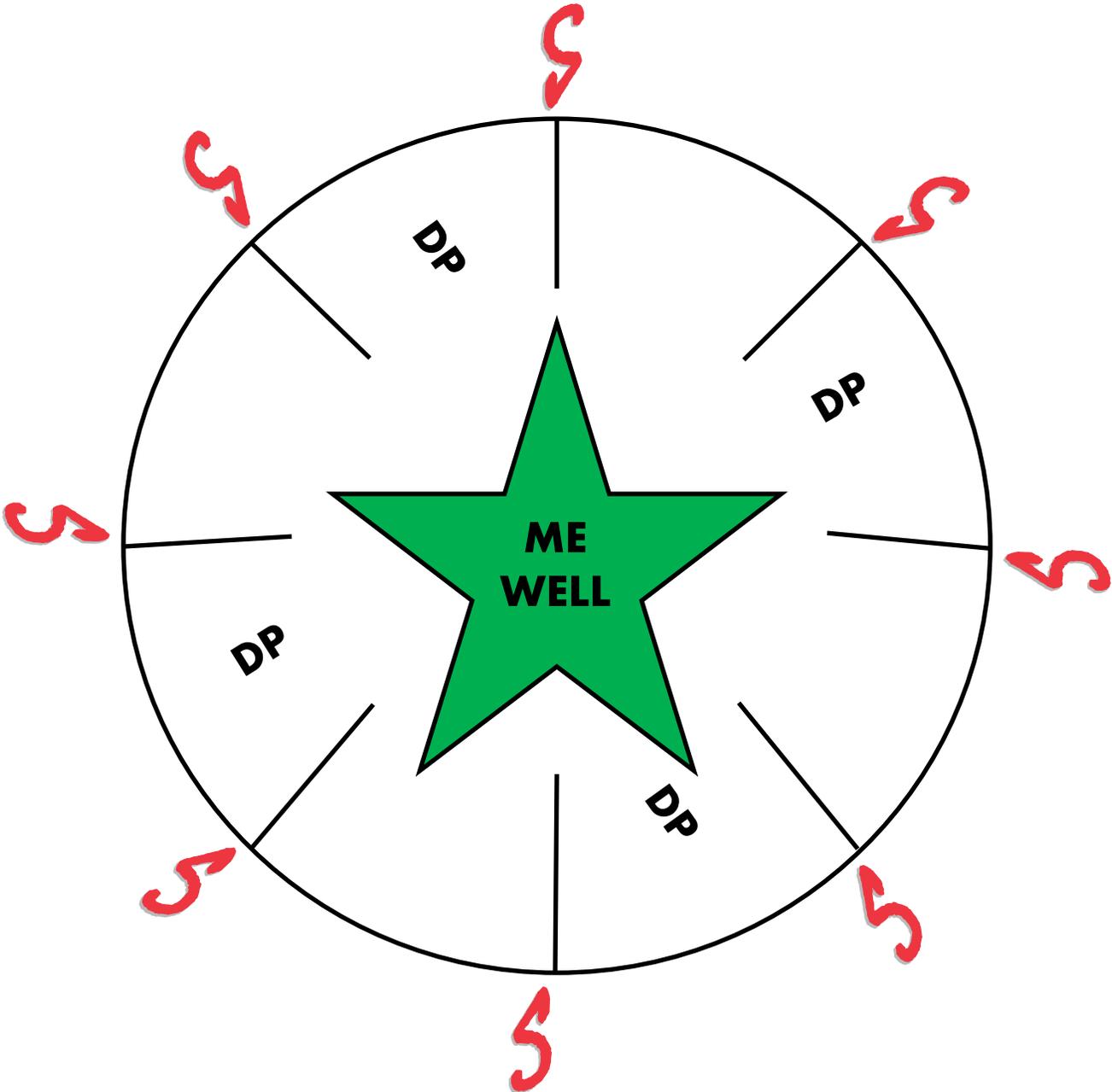


# Wellness Recovery Action Plan (WRAP<sup>®</sup>)

## Conceptual Design



DP = DAILY PLAN

S = STRESSOR → ACTION PLAN