



MARK'S WRAP (EXAMPLE)

VALUES: my family, friends, pets, faith, being compassionate, acting with integrity

PERSONAL MISSION STATEMENT: I have a passion for helping people who are homeless get housing, food and a job. Most of all - help them reclaim their dignity!



Wellness Tool Box: (The people, place or things that help me feel good)

PEOPLE AND PETS	PLACES	THINGS
My cats	Starbucks	Gospel Music
Friends/Family	Church	Playing Baseball
<i>Work:</i> Supervision	Team Luncheons	Working computer/office space

Happiness is when what you think, what you say, and what you do are in harmony.

Daily Maintenance List: (How I feel/act/look when I am well)

I think more positively	Better memory	I am more patient
Prepared	On-time/early	Trusting /Funnier
Quick/sharp	Compassionate/Forgiving	Creative
Care about my appearance	Dance /Sing	Productive/Energized

Work Related: More organized, on-time, detail-oriented

Daily Maintenance Plan: (What I have to do to stay feeling well)

Start my day reading positive and sacred books -Keep my home organized and clean

Take my vitamins-medications - Exercise 2 times a week at the gym

Eat in ways that will fuel my Mind-Body-Spirit

Call Eric 222-333-4444

Work Related: Supervision, Team Meetings Keep my work space organized use Outlook

GOALS

What do I want next for my life: Jeep Liberty

- Steps I will take in October toward this goal between October and December:
 - Research Consumer Reports
 - Obtain Insurance Quotes
 - Schedule a Test Drive

Eliminate Key Triggers that get me off course

- Review Key Trigger Plan on Mondays and Fridays
- Review Inventory List on Sundays

Triggers List: (What events/situations sets-me-off)

Rude People

When people don't acknowledge me or my contribution

Work Related: Over-worked-Over-tired-Staff changes

Triggers Plan: (what to do if triggers occur)

Call a friend - Do activities from Daily Maintenance List

Refer my Wellness Tool Box - Review my values

Work Related: Speak to my supervisor Marion at 212-333-3333 X45, Call for a team meeting

Early Warning Signs List: (Internal sign of subtle changes that are a warning)

Nitpicking-Irritability-Bad language-Cutting off people in lines

Waking up later, feeling groggy

Work Related: Missing deadlines, being judgmental, pulling away from my team

Early Warning Signs Plan:

Do something fun, do things on my daily maintenance list

Journal what my Personal Mission Statement means to me

Refer to wellness tool box, sleep in late

Work Related: request a day off, get a massage, journal, work through conflict

When Things are breaking down List: (Immediate action needed while we are still in charge)

Arguing with family, friends, and not caring

I am not interested in watching TV- Not refilling medications or taking vitamins

Not taking care of myself or my home-Isolating from people and things I really like

Work Related: Calling off work a lot, late with projects, arguing with co-workers, Staff turnover

When Things are breaking down Plan: (get specific)

Make appt to see my Rev. Brown 111-222-3333-Call a Tom to go to the movies or lunch

Call Dr. Norwood at 111-111-3333 get refill of Advair.

Call Jeanne to pray with me every day at 9am and every night at 9pm for 1 week.

Work Related: Call a Mediator for work issues, utilize wellness tool box

Crisis Plan: When you can no longer take care of yourself or keep yourself safe

When I am having dark thoughts I need to reach out right away and have my supporter Angela stay overnight with me. Call my Pastor Doug 555-111-222-- Call CVS 212-555-1122 refill Rx

If I need to be hospitalized I prefer to go to Mt. Hope and Love Hospital because they treat me like a human being-with dignity and very good care.

Post Crisis Plan: How I would like to feel when I have recovered from this crisis

Arrange with my sister that I have clean bedding, coffee and food in my home.

I will review my wrap plan with my supporter Ted and figure out what didn't work and what can be strengthened. Start work Part-Time for two weeks and then back to 40 hours.