

# WRAP Up Newsletter, October 2021

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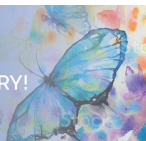
In Case You Missed It | [Copeland Center](#) | [Featured Product](#)

## What's Happening

### October Is Emotional Wellness Month. What Does It Mean to Be Emotionally Well?

by Lynn Miller, M.Ed., WRAP Associate at [Advocates for Human Potential, Inc.](#)

CELEBRATE YOUR  
JOURNEY TO  
WELLNESS RECOVERY!



Emotional wellness is the ability to recognize, understand, and accept our feelings and emotions and deal with experiences, difficulties, and life changes.

One way to thoughtfully address life issues is by reading through the original [WRAP](#) book and developing a personal wellness toolbox in the [WRAP Workbook](#). Then, commit to using your daily plan, noticing and addressing stressors, and following your action plans to avoid crisis, when possible. If you go through a [crisis](#), WRAP can help you find your way back to emotional wellness. There is a process that works, and emotional wellness is there for you, no matter your circumstances.

Learning to be more aware of your feelings and emotions also allows you to be more prepared to address life events, challenges, struggles, or any situation that may disrupt your emotional balance. For example, dealing with the pandemic was a challenge none of us predicted, but with a WRAP, we were more prepared for this unforeseen crisis. (If you are still struggling with pandemic isolation, another tool you can access at no cost is the [\*Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection.\*](#))

Staying focused on the present and honoring the here and now, rather than obsessing about the past or being too focused on the future, also supports healthy emotional well-being. Emotional wellness fosters a happier, more fulfilling life and promotes improved physical, mental, and spiritual wellness.

### ***Emotional Resilience***

When we are emotionally well, emotional resilience emerges despite life challenges, hurts, and adverse experiences. Emotional resilience is evidenced through thriving, healing, growing, and transforming negative experiences into positive and profound outcomes.

An individual's resilience builds through making connections to supporters, recognizing and embracing our positive traits and positive options, and promoting future-oriented goals that transform into having an increased sense of purpose in life.

Consider two gentlemen, Dennis and Lee Horton, who were charged, sentenced, and imprisoned for almost three decades for a crime they did not commit. Imagine the emotional and traumatic impact this had not only on their own lives but also on the lives of their families and loved ones. In an instant, their lives were torn apart and forever changed. . .

[Read More](#)

## **In Case You Missed It**

### **On Our Website**

- [If you haven't checked out our new WRAP website, what are you waiting for?](#)
- [Join the more than 500 people on our new online community and start or add to the conversation!](#)

### **On Our Facebook Page**

- [Self-Care Activity Chart](#)
- [Peer Support for Mental Health Challenges](#)
- [Spread Kindness During World Bullying Prevention Month](#)
- [Emotional Wellness Month](#)

- [Emotional Resilience](#)

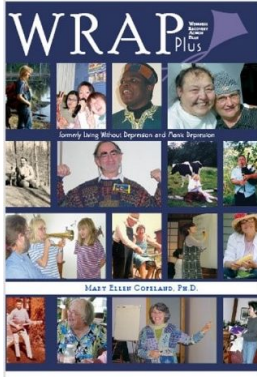
## Copeland Center Corner

### Orientation to WRAP: An Evidence-Based Practice for Mental Health Recovery

Join the Copeland Center's team for a 1.5-hour introduction to WRAP provided in an online environment that can be accessed remotely from wherever you are. Learn what WRAP is and how it can be used. The orientation covers the structure of WRAP, research that supports WRAP's effectiveness, and tips for systems implementation. Sessions are provided on a rolling basis based on registrations.

If you are interested in joining a group, please complete the [registration form](#).

## Featured Product



### WRAP Plus

[WRAP Plus](#) brings together the best of the flagship [WRAP: Wellness Recovery Action Plan](#) and the previously published [The Depression Workbook: A Guide to Living with Depression and Manic Depression](#). In addition to outlining the core concepts of the evidence-based practice of WRAP, *WRAP Plus* provides dozens of real-life examples gathered from years of individual interviews, with insights in areas such as keys to recovery, wellness and recovery strategies, and lifestyle issues ranging from health to mental health

to career and self-esteem.

### For Inquiries and Questions

978-261-1400

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