What is Wellness Self-Management (WSM) and how can it improve my life?

WSM is designed to help you effectively pursue your recovery goals and manage emotional issues. The curriculum is organized into a 57-lesson personal workbook that focuses on three important areas: mental health recovery; mental health wellness and relapse prevention; and living a healthy lifestyle. WSM offers a holistic approach, addressing all aspects of self, including the connection between physical and mental well being. Completing topics in the workbook will help you take more control over your life, and get and stay well. WSM is important because it provides you with research-informed guidance to better manage your mental and physical health. This will mean you spend less time managing your illness and will be able to devote more time to enjoying life and achieving your goals. WSM is a tool which can help facilitate your recovery by providing you with the knowledge and skills to improve the quality of your life and achieve your potential. WSM supports you on your path to recovery by helping you to cope with stress, overcome obstacles and face the challenges of daily living. WSM builds on the strengths you already possess. Principles include informed decision making, personal choice, involvement and hope.

Wellness Self-Management Plus (WSM+) is a version of WSM that is designed for individuals who are simultaneously dealing with emotional issues and substance use problems. Its 57-lesson personal workbook was written so that both of these important issues are addressed in each lesson.

Who provides WSM services?

Center for Practice Innovations
New York State Psychiatric Institute
Building best practices with you.
WSM may be provided by mental health professionals and peer specialists who have received WSM training.

How long will WSM last?

The length of time varies based on a number of factors including its implementation and how it is administered. For example, some people use it in individual meetings and others use it in groups. Some people cover the entire curriculum and others pick and choose lessons that are important to them at any point in time. There is no set length of time. In general, it takes about a year to complete the curriculum in groups that meet weekly for an hour or so. It is important to remember that there is not a correct length for the program.

Can family members or friends play a role in supporting a person involved in WSM?

Yes. It is your choice. You have the opportunity to involve friends or family members. They may help you by providing encouragement, discussing topics of interest with you, helping you to read the material or assisting you in completing action steps.

Are WSM Services Mandatory?

No. Participation is voluntary. You can stop participating at any time.

What are the principles that guide WSM?

- Recovery is possible
- Emphasis on personal strengths
- Informed decision making
- Cultural relevance
- Consistency with research findings

Has the WSM workbook been translated into other languages?

The WSM workbooks are currently available in English, Spanish, Korean and Chinese.

The WSM+ workbooks are currently available in English and Spanish.
Can WSM help me if I currently use substances?

Yes. As we’ve noted, there is a separate version of WSM called WSM+ which is designed for people with both mental health and substance user issues. It focuses on the relationship between mental health concerns and substance use. Like WSM it is recovery oriented, and voluntary.