

S11B *Building a more positive body image*

<p><u>Support and positive role models</u></p> <p>family</p> <p>friends</p>	<p><u>Coping strategies</u></p>
<p><u>Role satisfaction for myself</u></p>	<p><u>Physical well-being</u></p>
<p>Holistic balance and wellness</p> <p>Spirituality</p> <p>Work</p> <p>Leisure</p> <p>Personal goals</p>	

Adapted from Choate, L.H. (2005). Toward a theoretical model of women's body image resistance. *Journal of Counselling and Development*, 83, 320-30; and Myers, J.E., Sweeney, T.J. and Witmer, J.M. (2000). The Wheel of Wellness Counseling for Wellness: A holistic model for treatment planning. *Journal of Counseling and Development*, 78(3), 251-66.