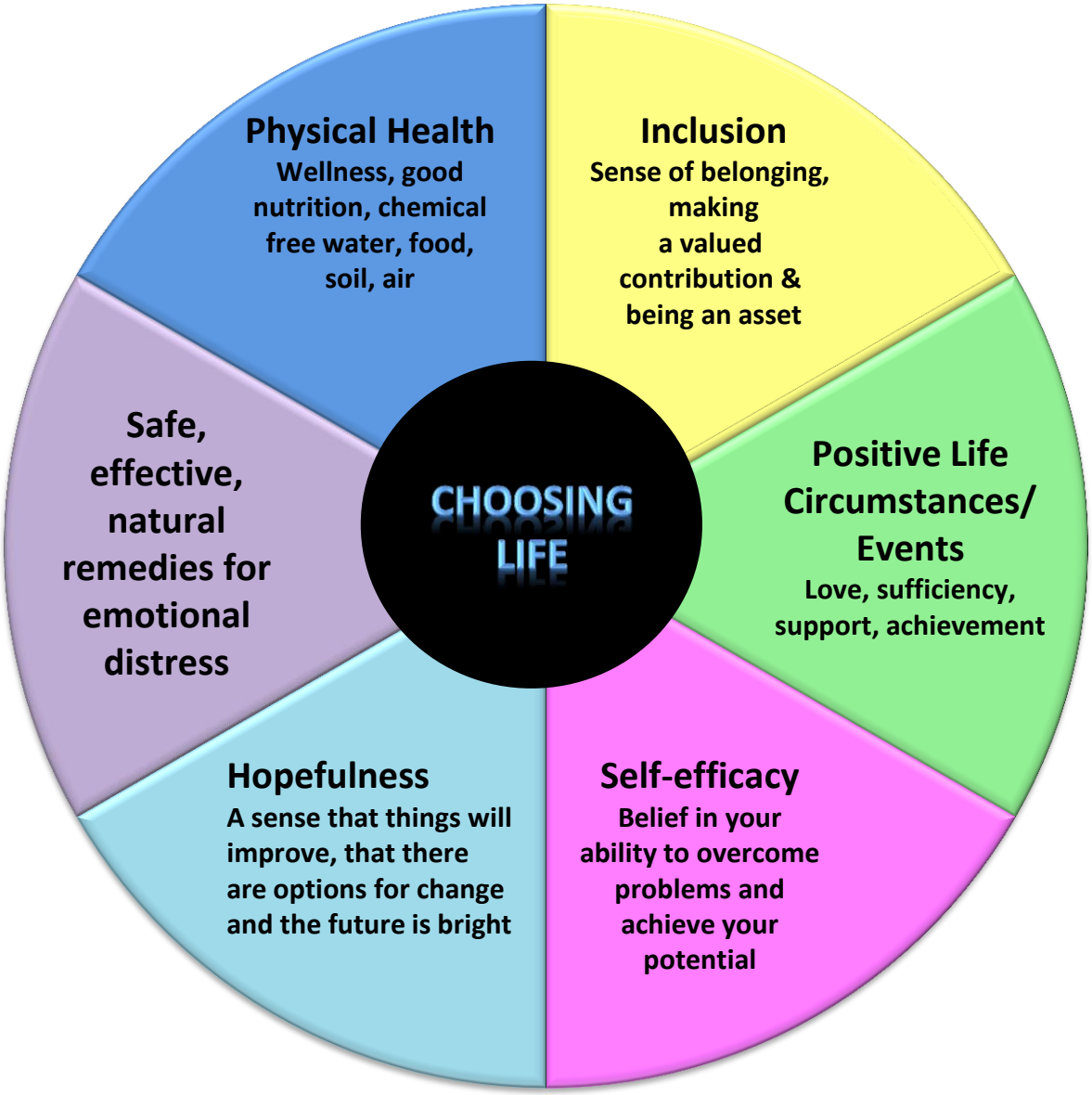
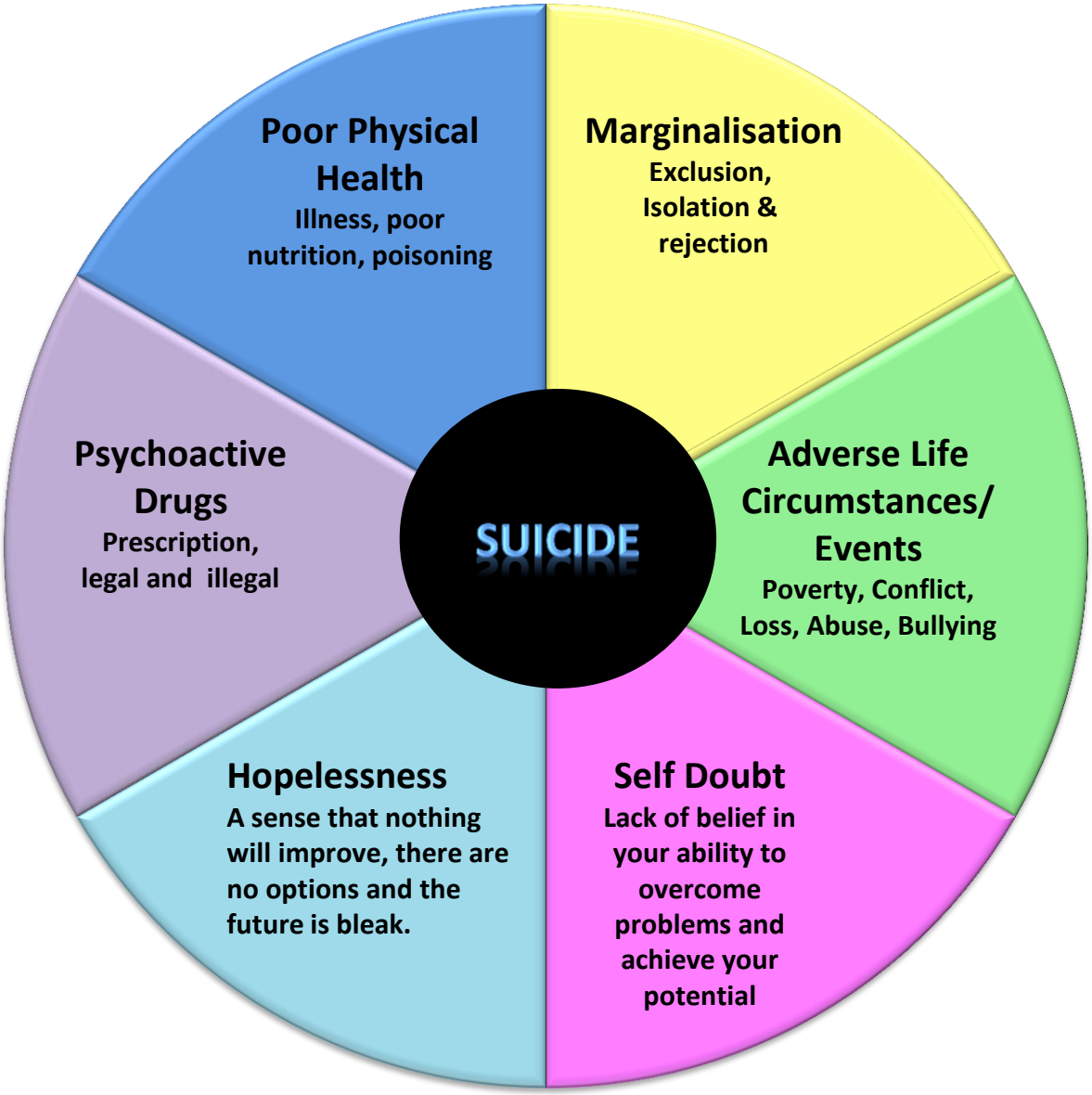

Physical Health
Wellness, good nutrition, chemical free water, food, soil, air
Inclusion
Sense of belonging, making a valued contribution & being an asset
Positive Life Circumstances/ Events
Love, sufficiency, support, achievement
Self-efficacy
Belief in your ability to overcome problems and achieve your potential
Hopefulness
A sense that things will improve, that there are options for change and the future is bright
Safe, effective, natural remedies for emotional distress
CHOOSING LIFE


Poor Physical Health
Illness, poor nutrition, poisoning
Marginalisation
Exclusion, Isolation & rejection
Psychoactive Drugs
Prescription, legal and illegal
SUICIDE
Adverse Life Circumstances/ Events
Poverty, Conflict, Loss, Abuse, Bullying
Hopelessness
A sense that nothing will improve, there are no options and the future is bleak.
Self Doubt
Lack of belief in your ability to overcome problems and achieve your potential