Rooted in Medicines: Growing, Healing & Harm Reduction

Participant Workbook

A Culturally Grounded Tobacco Harm Reduction Guide for Indigenous Communities in New Brunswick

This workbook is yours.
You will use it to track growth.
This is a place to collect what you have learned about yourself.
You decide what to share and how to share it.
There is no right pace.
Every step counts.

Personal Reflection & Getting Ready for Change and Challenges

This workbook is for you.
You can use it to learn about yourself.
You can go at your own pace.
There is no right or wrong way to do this.
Taking part is already a positive step.

In this workbook, you can:

- Write
- Draw
- Colour
- Talk
- Record your voice

- Sing or Move or Dance

Choose what feels best for you.

Understanding Harm Reduction

Healing is not about being perfect.
It is about noticing what is happening, making small changes, and keeping going even when things are hard.

- What would moving away from smoking (or vaping) look like in my life?

  _____
  _____

What is a soft Goal

- A soft goal is a small, gentle goal.
- It is not about being perfect.
- It is something you try, not something you must do.

Soft goals help you take small steps.
Example:
"I will try to notice when I want to smoke."
You can make your own soft goal each week.

Acknowledging the Steps You Took

Why am I here?

What does healing mean to you?

What feels possible right now?

Your Relationship with Smoking & (or) Vaping

What role does smoking or vaping play in your life right now?

When does it feel helpful?

When does it feel less helpful?

Small Steps

What would progress look like for you?

What is a small change from the program you are excited to try?

What is the change in yourself you are working towards?

What feels realistic for me at this stage?

How will I know if this change is helping me?

Looking Back on the Week and Soft Goals

Each week will have its own page – with space for art or writing

Week 1 – Notice
Question: What do I notice about my habits this week?

Example soft goal:
"I will notice when I smoke or vape."

My soft goal:
_____

Week 2 – Support
Question: Who or what helps me?

Example soft goal:
"I will reach out to one person for support."

My soft goal:
_____

Week 3 – Feelings

Question: What feelings come up for me?

Example soft goal:
“I will pause and name my feeling once a day.”

My soft goal:
_____

Week 4 – Learning
Question: What am I learning about myself?

Example soft goal:
“I will write, draw, or talk about one thing I learned.”

My soft goal:
_____

Week 5 – Change
Question: What small changes do I see?

Example soft goal:
“I will try one small change for one day.”

My soft goal:
_____

Week 6 – Moving Forward
Question: What do I want to keep doing?

Example soft goal:
“I will keep one healthy habit going.”

My soft goal:
_____

Week 7 – Strength & Support
Question: What is helping me stay strong right now?

Example soft goal:
“I will use one support this week (talk to someone, use a tool, or take a break).”

My soft goal:

_____

Week 8 – Looking Ahead
Question: What do I want for myself moving forward?

Example soft goal:
“I will choose one healthy habit I want to keep.”

My soft goal:

_____

Seven Sacred Teachings Reflection
*** space for each one to write or draw what it means to them.**

Love – How can I show compassion to myself this week ?

_____

Respect – What boundaries do I need?

_____

Courage – What feels hard but worth trying?

_____

Honesty – What truth am I ready to name?

_____

Wisdom – What have I already learned from my life?

_____

Humility – Who helps me grow?

_____

Truth – What values do I want to stay aligned with?

_____

<u>Support Circle</u>

Who supports me?

Who are my community roots (friends, Elders)?

Who can I go to when I need help?

Triggers & Crisis Toolkit

My common triggers:

_____

When this happens, I can:

_____

My toolkit may include:

☐ Tea
☐ Breathwork
☐ Medicine pouch
☐ Someone to call
☐ Ceremony
☐ Other: _____

Midway Reflection (Week 4)

Have my goals changed?

_____

What am I learning about myself?

_____

<u>Recognizing Progress (Starting in Week 4)</u>

*Space for artwork or text

Signs I am making progress

Something I am proud of since starting this program

Continuing on Your Path

This section helps you keep going after the program ends. It shows simple ways to stay on track. Healing takes time. It grows when you stay connected, use your tools, and keep trying.

- You are not alone.
- Your journey continues.
- You can choose what works for you.
- You can do some, all, or none of these ideas.

Monthly Group Meet-Up *** space to fill in dates times and other information****

- Pick one day each month. Keep it simple.
- Drink coffee and talk. Share cravings, wins, and hard moments.
- Bring your plants or photos. Talk about how you use them.
- This helps keep your new community going.

Garden Visits

- Set a weekly or every-two-weeks' time.
- Water plants together. Pick teas and share them.
- Talk about your goals while you are there or setbacks
- This helps you stay connected to the land and each other.

Reach out to an Elder or Knowledge Keeper

- Set up a visit or phone call when you need help.
- Ask for support for your goals.
- Once you are ready, look at ways to give back to your community

Use your Daily Rituals

- What ritual will help me during cravings?
- When will I practice it each day?
- Keep your medicine pouch close.
- Breath

Helping Others

- Make kits for people who are not ready yet.
- This helps others and builds your leadership.

Leadership in the Next Program

- Do I want to support the next group?
- What role fits me?
- How can I prepare?

My Monthly Goals

- My goal for this month
- What steps will I take?
- Who can support me?
- My Connection Circle
- Who will I check in with each week?
- How will I reach them?
- What will I share?

My Medicine Pouch

- What new item do I want to add?
- Why is it meaningful to me?

Your Own Thing

- What is something you want to do ?