



# Resiliency Tobacco Cessation Bundle Toolkit

## PURPOSE

Provide culturally relevant and appropriate tools for public health and community-based organizations and individuals serving the American Indian population. The Resiliency bundle was designed to assist organizations providing cessation and prevention efforts to quit commercial tobacco while encouraging holistic healing with cultural and resiliency tools. Tools may be crafted to fit a specific tribe or age group and may be used interchangeably.

This bundle is a representation of the resiliency and holistic resources commonly used in culturally based prevention strategies, entwining cultural and western healing strategies.

Holistic definitions are commonly used when serving American Indians.

### 1. Bundle: Something to hold precious things.

Emotional, spiritual, physical, and mental quadrants in addition to the earth elements (water, air, & fire).

### 2. Protective Factors

- ▶ Knowing who you are...tribal affiliations, parents, clans, and community connection
- ▶ Connection with everything
- ▶ Gratitude
- ▶ Reciprocity
- ▶ Ceremony
- ▶ Gathering of Medicinal plants
- ▶ Traditional foods
- ▶ Respect and honor
- ▶ Benevolence

### 3. Resiliency

- ▶ Interconnection of communities
- ▶ Humor
- ▶ Storytelling
- ▶ Having strong boundaries in relationships (family, friends, bosses, partners, teachers, coaches)
- ▶ Self-respect
- ▶ Self-care
- ▶ Being able to see a mistake as a lesson
- ▶ Being able to find the positive side of all situations

### 4. Holistic Healing

Tribal people have been holding the “bundle” from the beginning of time

### 5. Grounding

- ▶ Sitting with nature and fasting
- ▶ Singing, drumming, and dancing
- ▶ Traditional Sweat

### 6. Empowerment

- ▶ The right to sing
- ▶ Carry the bundle
- ▶ Speak in public
- ▶ Carry the pipe
- ▶ Lead ceremony

“They buried us in a hole and covered us with dirt. They didn’t realize we were seeds.”

