TOBACCO CESSTATION MEDICINE WHEEL
AN ANISHNAWEK APPROACH

YOUR HEALTH & WELL-BEING - IT’S UP TO YOU!

HUMILITY

MENTAL ASPECT OF QUITTING TOBACCO
Eg: poor judgment/decision making, difficulty concentrating, bipolar illnesses, depression, etc.

How CONFIDENT are you that you could make this change?

SPIRITUAL ASPECT OF QUITTING TOBACCO
Eg: confusion, loss of connectedness, and/or problems in the physical, emotional or mental aspects.

How READY are you to make this change?

EMOTIONAL ASPECT OF QUITTING TOBACCO
Eg: low self-esteem, loss of ability to cope, relationship difficulties, etc.

How IMPORTANT is it to change this behaviour?

PHYSICAL ASPECT OF TOBACCO USE
How has your tobacco use impacted you?

How has quitting in the past affected you?

Anishnawbek teachings maintain that a person contains the four directions which must be in balance to achieve health. This wheel is combination of these teachings and the work of the TEACH project and motivational interviewing.

The numbers serve as a guide to help the person(s’) explore change and gives the interviewer an idea of the balance of the person(s)

The Gifts of the Seven Grandfathers (which are interwoven into daily life) are given to the people to help them understand and attain health and well-being.