



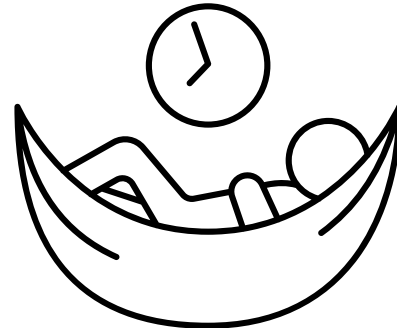
# OPERATION EASY DOES IT

## 6 TIPS FOR BALANCING OUT THC



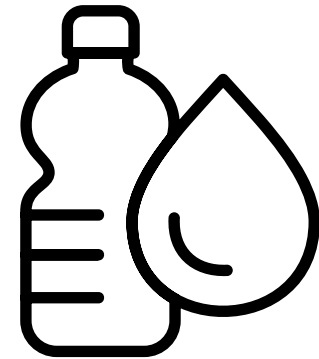
Take deep breaths and remind yourself these feelings will pass soon.

**TRY TO STAY CALM**



Settle into a quiet, cozy place with dim lights and soothing sounds, like music or a podcast. Naps are also encouraged!

**FIND A CHILL SPOT**



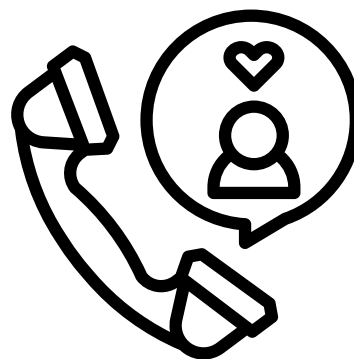
Sip on water, herbal tea, or orange juice to stay grounded. Avoid alcohol or caffeine, as they can amplify the effects.

**HYDRATE WITH PURPOSE**



Enjoy pesto pasta for pinene's calming clarity, or smell black peppercorn for beta-caryophyllene's grounding effects.

**TERPENE BOOST**



Watch a favorite show, try a simple puzzle, or call a friend to shift your focus.

**DISTRACT YOUR MIND**



A small dose of CBD could help balance the effects of THC. Reach for your broad-spectrum oil or quick-strips for quick action

**CONSIDER CBD**

### DISCLAIMER

THIS IS NOT MEDICAL ADVICE -  
PLEASE CONSULT WITH YOUR  
MEDICAL PHYSICIAN

RECOVER  
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HELPING THOSE  
THAT SERVED