

# KEEPING THE PEACE, INSIDE & OUT

**August 9<sup>th</sup> was National Peacekeepers Day**—a day to remember the nine Canadians whose lives were lost when their plane was shot down over Syria during a 1974 UN peacekeeping mission. A time to honour the strength, service, and sacrifice of over 125,000 Canadians who have served in peacekeeping missions around the world.

To every veteran working to find peace in their own nervous system — we see you.

You deserve rest. You deserve regulation. You deserve tools that support your healing.



## CBD: The Inner Peacekeeper

**Peacekeeping is not just about external missions - it's also about restoring inner peace after the storm has passed.**

CBD can help restore inner peace by supporting the ECS (endocannabinoid system) as it works to balance mood, memory, sleep, and inflammation — all areas that can be disrupted by trauma or chronic stress.

CBD is non-intoxicating and works gently to promote:

- Emotional balance
- Restful sleep
- Nervous system regulation
- Reduced inflammation and pain

Think of CBD as a peacekeeper for the whole body, mind and spirit.

## Peace before Pressure

When we know stress is coming — a busy season, a shift in routine, a difficult anniversary — we can prepare.

Building peace into our day now helps our bodies and minds stay grounded later, when we really need it!

Routines, rest, and regulation aren't luxuries — they're your foundation for resilience.

### Start simple.

- Take 3 slow, deep breaths. Breathe in peace, breathe out tension.
- Listen to calming music or nature sounds for 5 minutes.

**RECOVER CANN** 

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