

# Recover Cann

## NEWSLETTER

“December is a month of lights & feasts;  
but also of long nights & early shadows.”

- Author Unknown

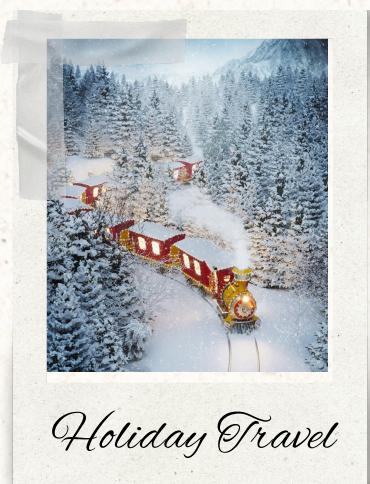
### Your Guide to Staying *Calm in the Holiday Chaos*

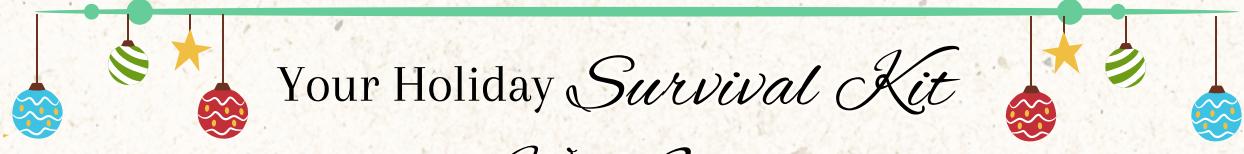
For many, the holiday season brings a complex mix of emotions. Beneath the sparkle & celebration, many people also carry difficult memories, grief & emotional fatigue. Disrupted routines, social expectations, financial pressures, & family dynamics often increase stress & dysregulation - especially for those already managing chronic pain, trauma, or sleep disruption.

The good news? You aren't alone & you don't have to “push through”!

This month we're sharing tools to support your Holiday Survival Kit - grounding practices, endocannabinoid system (ECS) nourishment, & simple strategies to protect your energy. We're here to help you move through December with steadiness & support.

#### This Month's *Focus*:





## Your Holiday *Survival Kit*

### Week 2

The Endocannabinoid System (ECS) plays a major role in keeping the body balanced, especially mood, sleep, stress, & pain. During the holidays, added pressure can strain that balance, worsening symptoms. Here are some tools to help you manage.

#### *Stress Management*

Nourishing your ECS during stressful periods helps keep the nervous system steady. Try:

- Simple breathing exercises (box breathing, physiological sigh)
- Gentle movement (stretching, walking, yoga, mobility work)

Small practices can promote regulation.

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#### *Sleep Support*

Late nights, long travel days, family visits, and disrupted routines can all affect your sleep quality. Try:

- A consistent wind-down ritual (low stimulation, dimmed lights, gentle stretching)
- CBD/CBN, chamomile tea, magnesium bisglycinate or L-theanine to potentially calm the nervous system & support rest.
- Limit screens 30-60 minutes before bed (blue light disrupts melatonin production)

Better sleep = better regulation.

#### *Ease Physical Tension*

Cold weather, travel stress, holiday shopping, and crowded gatherings can all show up in our body as tension. Try:

- A cannabis-infused bath or topicals for tight muscles
- Gentle stretching after long drives (or long visits).

Relieving tension helps the ECS do its job, which is to restore balance.

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#### *Disrupted Routines*

Staying up late, sleeping in, family obligations, and travel can throw even the best routine off balance. Plan ahead with:

- A cannabis dosing plan if you're staying in Canada (bring your doses + a little extra)
- A "reset walk" after gatherings
- A quiet escape plan (drive around the block, find a quiet room and close the door, step outside for fresh air)

Your energy matters - protect it at all costs.





## The Most Meaningful Gift

**This season, the greatest gifts aren't wrapped - they're felt.**

Presence, steadiness, and connection often matter more than anything that's wrapped under the tree. Let's explore ways to support both your body and your nervous system so you can show up with more ease and less pressure.

### *Presence:* A Gift to Regulate the Nervous System

Presents may bring short-term pleasure - presence brings long-term peace.

For many, the holidays bring noise, expectations, triggers, & unpredictable environments.

Tuning into the body with ECS nourishment & simple grounding strategies provides stability & control when life feels chaotic.

- **10-minute fresh-air break:** Step out of the hustle and into nature to reduce stress hormones, support ECS function and shift from overwhelm.
- **Omega-3-rich snacks:** Walnuts, chia seeds & pumpkin seeds support heart health, cognitive function & the ECS.
- **Mindful movement:** A slow walk or gentle stretch reduces anxiety, loosens tension and supports the ECS.
- **Breathing exercises:** Controlled breathing can offer rapid emotional regulation during high-stress moments & help shift your system from "fight or flight" into "rest and digest" (which is where you'll want to be after all that turkey!).

### *Presents* That Nourish the ECS:

#### **Cannabis Topicals & Bath Products**

\*Topical products (even with THC) are non-intoxicating & are a great introduction to cannabis for wellness.

- Creams, lotions or roll-ons for targeted pain relief.
- Bath bombs or bath salts to ease muscle tension and support sleep and relaxation.

#### **Aromatherapy Terpene Blends**

Spices, herbal teas, & essential oils contain terpenes that can complement the body's ECS.

- Linalool: lavender or mint may calm the nervous system
- Pinene: rosemary, pine or eucalyptus may improve focus.
- $\beta$ -caryophyllene: cloves, black pepper or cinnamon may support stress management and inflammation.



# Recover Cann's Holiday Survival Guide : Week 4

## Peace on Earth...

### & in My Nervous System

Here are some phrases you can use to excuse yourself with clarity & kindness when the room gets too loud, the conversation drifts into difficult territory, or you just need a moment to yourself.

- “I need a few minutes to reset - I’ll be right back.”
- “I’d love to keep the conversation lighter right now. Mind if we switch gears?”
- “I’m not drinking tonight, thanks for understanding.”
- “I’m at my limit, so I’m heading home to recharge. Thanks for having me!”



## Holiday Travel Plans?

“I’m travelling this holiday season, can I bring my medical cannabis?

- Staying within Canada? Safe travels, & don’t forget to pack your daily doses - maybe even a few extras to account for any additional stress!
- Heading somewhere international? Better leave the cannabis at home. It is illegal to cross any international border with cannabis, even medically approved cannabis (even if you’re travelling to a country with legal access). While not ideal, there are ways to help prepare your body for time away from your medicine.

Traveling without cannabis can feel stressful, especially if you rely on it for sleep, pain, or mood. But, with preparation, you can reduce discomfort and keep your nervous system steady.

- 1-2 weeks before travel, start weaning down your THC dose (a gradual reduction is easier on your system than stopping cold turkey).
- Use the ECS nourishing tools from your **Holiday Survival Tool Kit** (on page 2).

