

# Monthly Newsletter

RECOVER CANN  
January 2026



## New Year, New Rhythm

January often arrives with stress - resolutions, resets and expectations to “start fresh.”

At Recover Cann, we’re taking a different approach.

Rather than striving for perfection, this month is about finding a new rhythm.

After the intensity of the holidays, many are coping with disrupted sleep, emotional fatigue, pain flare-ups, and a nervous system still stuck in high alert.

This isn’t the time to push harder, it’s a time to reconnect. It’s an invitation to **make space for connection, compassion, and steadiness.**

There’s no rush. There’s no deadline. Healing moves at a human pace.

Recover Cann is here to support you.

Welcome to  
2026!

### What to expect this month:

---

Grounded Guidance

---

Rethinking Resolutions

---

Reflection + Reset

---

Regulation Tools

---

Intentional Cannabis Use

---



## Rethinking Resolutions

Traditional New Year's resolutions rely on restriction and willpower. These approaches can increase stress and dysregulation, especially for those managing chronic pain, trauma, or sleep issues.

## Grounded Guidance: Finding New Rhythm

The nervous system thrives on predictability. In December, routines often fall away; sleep schedules shift, social demands increase, and stress hormones stay elevated.

### In January, gently restoring rhythm can help:

- Regulate mood and emotional reactivity
- Improve sleep quality and daytime energy
- Reduce pain sensitivity and inflammation
- Support endocannabinoid system (ECS) balance

Aim for small, repeatable actions, not major lifestyle overhauls!

This year, instead of rigid resolutions, try setting sustainable goals that:

- are flexible, not all-or-nothing
- respond to how your body feels, not how you "should" feel
- are focused on consistency and care, not perfection

### Examples of supportive goals:

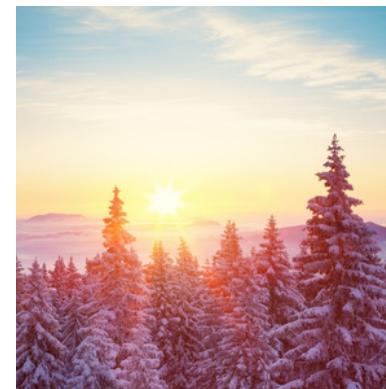
- "I want to protect my sleep routine most nights."
- "I want to build one grounding practice each day."
- "I want to reduce stress, not just push through it."

Setting small, compassionate goals creates rhythm - and rhythm creates resilience.

## Reflection + Reset

***What rhythm feels supportive right now - even if it's slower than I expected?***

You don't need a full plan for the year.  
You just need your next steady step.





## Tools for Regulation

Try these simple practices to help your body settle back into steadiness:

**Daily check-in** (2 minutes): What

- does my body need today - rest, movement, connection, or stillness?

**Box breathing:** Inhale 4, Hold 4,

- Exhale 4, Hold 4 - repeat 3-5x.

**Gentle movement:** Walking and

- stretching supports circulation, pain regulation, and ECS tone.

## Intentional Cannabis Use: Exploring Your Senses

Is your current cannabis routine meeting all your needs, or could it be time to find a new rhythm?

Rather than focusing only on THC percentages, try tuning into the actual experience of cannabis, using your 5 senses.

Mindful use starts with awareness:

- **Sight:** colour, structure, moisture, trichomes.
- **Smell:** Earthy, citrus, floral, herbal.
- **Touch:** Texture, temperature, smoothness, bodily sensations.
- **Taste:** Subtle or bold, pleasant or surprising.
- **Sound:** The spark of the lighter, the environment around you.

By engaging the senses, cannabis use becomes more intentional, grounded, and informative - often leading to better dosing decisions, fewer negative effects, and greater alignment with your goals for sleep, pain, or mood support.

Next time you consume, we encourage you to take a moment to stop and smell the flowers!

