

21 day

Cannabis Rest & Reset (T-break)

A guide I wrote recently after a tolerance break.
It is designed to make it easier on your body,
mind and soul.



Day 0 - *Its prep day!*

Before we dive into the 21-day journey ahead, today is all about getting ready—mentally, physically, and emotionally. Preparation is key to a successful tolerance break because it helps set you up for smoother sailing when things get challenging. Think of Day 0 as your planning stage, where you gather the tools, resources, and mindset you'll need to tackle the next three weeks.

1. Set Your Intention

The first step is to understand why you're taking this break. Is it to reset your body and regain sensitivity to cannabis? To lower your consumption costs? Or perhaps you want to check in with yourself and make sure your use is intentional, not habitual. Take a few moments to write down your intention for this break. This will serve as your anchor in the days ahead when things feel tough, and you're tempted to quit. Having a clear purpose will help keep you grounded.

2. Prepare Your Environment

Next, take a look around your space. Clear away any cannabis-related items that might tempt you during moments of weakness. Whether it's a jar of flower, your favorite vape pen, or even a stash of gummies—put them out of sight. You want to create an environment that supports your break, not one that constantly reminds you of what you're missing.

This might also be a good time to stock up on healthy snacks, herbal teas, or anything else you plan to use as a substitute when cravings hit. Preparation isn't just about removing things—it's about adding supportive elements to your environment as well.



Day 0 - *Keep preppin'*

3. Plan Your Time

If cannabis was a regular part of your day or night, you'll need to plan how to fill those gaps. Use today to think about activities or projects you can focus on over the next 21 days. Whether it's reading, exercising, spending time with loved ones, or picking up a new hobby, a loose plan will keep you from feeling restless or bored.

4. Get Support from Friends

Don't go through this alone—let your friends or loved ones know that you're taking a tolerance break. Tell them why this break is important to you and how they can support you through it.

Whether it's keeping you accountable, offering distractions during cravings, or just checking in to see how you're doing, having a support network will make the journey easier. I have found it helpful to have a check-in buddy

This could be someone you trust to talk to when you're feeling tempted, anxious, or just in need of a pep talk. Remember, this break is all about resetting and reconnecting with yourself, but that doesn't mean you have to do it in isolation.

5. Mental Preparation

Understand that this process may not always be easy. There may be moments of frustration, anxiety, or irritability—this is normal. Mentally preparing for these feelings ahead of time can make them easier to handle when they come up. This isn't just a physical detox—it's a mental and emotional one too. Be kind to yourself. Recognize that any discomfort you feel is temporary and part of the process.



Day 0 - *Write it down*

Keep a journal or this guide nearby, so you can quickly write down your thoughts or feelings if you start craving cannabis.

Sometimes, just getting the emotions out on paper can help you move through them.

Affirmation: I am capable of taking this break and I trust my body to reset. This is a positive step for my health, and I'm committed to seeing it through.

Why am I taking this tolerance break? What do I hope to gain from it? (Write your answer in the space below.)

What are three activities or goals I want to focus on during my break

Who can I ask to be my check-in buddy during this tolerance break? (Write their name and how you will ask them for support.)



Day 1 - Nutrition Matters

Cannabis can sometimes affect your appetite, metabolism, and cravings. Without it, your body might feel different, and it's crucial to give it the proper fuel. Focus on eating whole, nutrient-dense foods that support your physical and mental health. Here's what to consider:

- **Hydration**: Cannabis can affect hydration levels, so now's a great time to up your water intake. Aim for at least 8 glasses a day to flush out toxins and keep your energy levels steady.
- **Balanced Meals**: Focus on meals rich in fruits, vegetables, lean proteins, and healthy fats. These foods will help stabilize your blood sugar levels and reduce any irritability or fatigue you might feel.
- **Mindful Eating**: Take this opportunity to slow down and be mindful about your meals. Enjoy the textures, flavors, and the nourishment your food provides. This helps you stay present and distract from cravings.

How can I improve my nutrition during this break? What healthy foods will I prioritize?



Day 2 - Establish a routine

It is essential to create structure in your day to prevent boredom or cravings from creeping in. A well-planned schedule keeps your mind focused and gives you a sense of purpose.

- **Morning Routine:** Set a positive tone for your day by sticking to a morning routine. Whether it's exercising, meditating, or simply enjoying a peaceful breakfast, creating a ritual can help you feel centered.
- **Plan Breaks & Downtime:** Balance work or personal tasks with scheduled breaks. Idle time can lead to cravings, so having small activities planned, like reading, walking, or journaling, can help you stay on track.
- **End-of-Day Wind-Down:** As the day winds down, focus on relaxing activities that help you unwind without cannabis. You might enjoy a warm bath, light stretching, or herbal tea to signal to your body that it's time to rest.

What does an ideal daily schedule look like for me during this break? How can I use structure to support my success?



Day 3 - Cravings, Distract & Redirect

When a craving hits, acknowledge it and then actively redirect your focus.

Here are a few ideas:

- **Physical Activity:** Exercise is one of the best ways to reduce cravings and improve your mood. Even just a quick walk can help clear your mind.
- **Creative Outlets:** Engage your brain with something creative—whether it’s journaling, drawing, cooking, or even working on a puzzle. Channeling your energy into creation helps keep your hands and mind busy.
- **Plan Ahead:** Knowing when your cravings are most likely to strike can help you prepare. Plan specific activities during those times—such as calling a friend, working on a project, or scheduling a workout—so you have something to look forward to.

Celebrate Small Wins

Each time you successfully manage a craving is a small victory!! Celebrate that! Whether it’s acknowledging your effort with a simple reward or writing down what you’re proud of, these small moments build your confidence and reinforce your success.

What activities or strategies can I use to distract myself when cravings arise?



Day 4 - Cravings Pt2

The goal isn't to suppress cravings entirely but to redirect your energy into something positive until they pass and they will pass!

Recognize the Trigger

Cravings are often tied to specific situations or emotions—stress, boredom, or social cues, for example. The key is to recognize these triggers and be prepared with a response.

- **Emotional Triggers:** If stress or anxiety leads to cravings, try calming activities like deep breathing, meditation, or gentle stretching.
- **Environmental Triggers:** Sometimes being around certain people or in specific places can prompt cravings. Consider temporarily avoiding those environments or planning an alternative activity in advance.
- **Habitual Triggers:** If your cravings are tied to habitual times of day (like evenings), break the routine by introducing new activities, such as a workout or a relaxing hobby.

What are my common triggers for cannabis cravings? How can I prepare for them in advance?



Day 5 - Consistency is key

While it's tempting to switch things up when boredom or cravings hit, consistency is key. Sticking to your new routine will help build momentum and provide a sense of control over the process. Whether it's committing to a regular workout, journaling daily, or checking in with your accountability partner, consistency helps ease the transition.

- **Plan Ahead:** Use a planner or calendar to map out your day. Knowing what's coming next will reduce downtime and help you stay focused on the tasks at hand.
- **Make Adjustments:** If your routine doesn't feel right, it's okay to tweak it. The goal is to create a routine that feels supportive and sustainable.

How can I stay consistent with my new routine? What small changes can I make to stay on track?



Day 6 - ZZZZZZZZZZZZ

By now, you might be noticing some changes in your sleep pattern. Cannabis, particularly in higher doses, can play a significant role in how well we sleep. Without it, your body is readjusting, and it may take some time before your sleep returns to normal.

How Cannabis Affects Sleep

Cannabis is often used to help with sleep, especially for those who struggle with insomnia or anxiety. However, regular use can affect sleep in several ways:

- **REM Suppression:** Cannabis can suppress rapid eye movement (REM) sleep, the stage associated with dreaming. During a tolerance break, you may find that your dreams are more vivid as your body adjusts to the return of normal REM cycles.
- **Falling Asleep Faster:** Cannabis can help some people fall asleep more quickly. Without it, you might find it takes longer to wind down at night.
- **Staying Asleep:** Many people use cannabis to stay asleep throughout the night. During your break, you might experience more nighttime awakenings or restlessness.

Affirmation: My body is readjusting, and I trust that my sleep will improve with time. I am patient with myself through this process.



Day 6 - More Zzzzzzzzzzzz

Understanding cannabis's effects on sleep can help you be patient with the process as your sleep begins to normalize.

Improve Your Sleep Hygiene

Without cannabis, you may need to adopt new habits to help promote restful sleep. Good sleep hygiene can make a significant difference:

- **Set a Consistent Bedtime:** Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your internal clock.
- **Create a Relaxing Pre-Sleep Routine:** Spend the last hour before bed doing relaxing activities like reading, stretching, or meditating. Avoid screens, as blue light can interfere with your body's production of melatonin.
- **Optimize Your Sleep Environment:** Make sure your bedroom is dark, quiet, and cool. Consider using blackout curtains or a white noise machine to create a peaceful environment.

What adjustments can I make to improve my sleep during this break? How am I feeling?

[illegible]

Day 7 - Celebrate!

Congratulations, I am so proud of you, you made a week! You've made it through the first week of your tolerance break, and that's something to celebrate. The first seven days are often the hardest, so take a moment to reflect on how far you've come and acknowledge the effort you've put into this journey.

Reflection

This is a great time to reflect on the past week. What challenges did you face, and how did you overcome them? What have you learned about yourself and your relationship with cannabis?

- **Acknowledge Wins:** Whether it was resisting cravings, sticking to your new routine, or simply making it through without cannabis, every step is a victory.
- **Identify Growth:** Reflect on any personal growth you've experienced. Maybe you've discovered new ways to handle stress or found joy in activities that don't involve cannabis.

What has been your biggest win so far? How have you grown during this first week?



Day 8 - Withdrawal

You've now entered your second week of the tolerance break, and it's possible that withdrawal symptoms have started to show up.

Withdrawal from cannabis can look different for everyone, but being aware of what you might experience can help you manage these feelings with more ease.

Cannabis withdrawal isn't as intense as withdrawal from substances like alcohol or opioids, but it can still present physical and emotional challenges. Here are some common symptoms you might experience:

- **Irritability or Mood Swings:** You might notice that you feel more on edge or that your emotions are heightened.
- **Sleep Disturbances:** Sleep can still be tricky at this stage, especially if you've been using cannabis to help with sleep.
- **Decreased Appetite:** Cannabis can stimulate your appetite, so without it, you might notice a dip in your hunger levels.
- **Headaches:** Some people report mild headaches during the first couple of weeks.
- **Cravings:** These may persist, but acknowledging them without giving in is key.

These symptoms are a sign that your body is adjusting and healing, so while they can be uncomfortable, remind yourself that they're temporary.

Have I experienced any withdrawal symptoms so far? How am I coping with them?



Day 9 - Anxiety

Anxiety is awful, I wouldn't wish it upon my worst enemy. When you use cannabis for anxiety, when you stop, it can make the anxiety seem worse than it was, this will pass. My suggestion is to use CBD during this time at higher doses.

Why You Might Be Feeling Anxious

Cannabis interacts with the endocannabinoid system, which helps regulate mood and stress responses. Without it, your body may need time to re-learn how to manage anxiety on its own.

- **Rebound Anxiety:** Cannabis can sometimes mask anxiety, so when you remove it, those underlying feelings can come back stronger at first. This is called rebound anxiety.
- **Discomfort with Change:** The discomfort of breaking a habit or facing withdrawal symptoms can increase feelings of anxiousness.

Have I noticed any changes in my anxiety levels since starting this break? How does this anxiety manifest for me?



Day 9 - Anxiety Management

Coping Strategies for Anxiety Learning these strategies has changed my life as anxiety can crop up with or without the plant.

Here are some helpful techniques:

- **Mindfulness & Meditation:** Mindfulness practices like meditation or breathing exercises can help reduce anxiety by bringing you into the present moment. Even just five minutes a day can make a difference. I use @insighttimer
- **Physical Activity:** Exercise is one of the most effective natural stress relievers. Try activities like yoga, walking, or dancing to move anxious energy through your body.
- **Journaling:** Writing down your feelings can be a powerful way to process anxious thoughts. Let the thoughts flow onto the page, without judgment, to clear your mind.
- **Progressive Muscle Relaxation:** This technique involves tensing and relaxing different muscle groups in your body, helping release physical tension associated with anxiety.
- **Stay Connected:** If anxiety feels overwhelming, reach out to a friend, family member, or your accountability partner. Talking through your feelings can ease the burden.

What coping strategies can I try to manage my anxiety? How can I implement these into my day?



Day 10 - Boredom

As you hit the double digits in your tolerance break, you might find that boredom becomes one of the trickiest challenges. Today's focus is on combating boredom and finding fulfilling activities to keep you engaged.

Why Boredom Happens

When you remove a habitual part of your routine, like cannabis, it's natural to feel a gap in your day-to-day life. This gap can create feelings of boredom, especially if cannabis was something you turned to for relaxation or entertainment. The key is to see this boredom not as an enemy but as an opportunity to discover new things.

Engage Your Mind

Boredom is simply a lack of engagement, and one of the best ways to overcome it is by diving into activities that stimulate your mind. Here are a few ideas to keep your brain occupied:

- **Learn Something New:** Start an online course, pick up a new book, or learn a skill you've always wanted to explore. Engaging in learning is one of the best ways to push through boredom.
- **Creative Projects:** This is a great time to reconnect with creativity. Try painting, drawing, writing, or any other artistic activity that excites you. Creativity can provide a new outlet for the energy you previously directed toward cannabis.
- **Puzzles & Games:** Whether it's a crossword, a board game, or an online challenge, puzzles stimulate your brain and help pass the time in a fun way.

How often did I use cannabis out of boredom, and what can I do to fill that space now?



Day II - Irritability

As you continue through your tolerance break, it's normal to feel a bit more irritable than usual. Your sleep may be disrupted, you may not be eating as well as you could and of course your mood will also be suffering. Be kind to yourself, try to work out where these emotions are coming from where can you feel it in your body? Stomach, head, back or neck? remind yourself - I accept my emotions with patience and kindness. I allow myself to feel irritated without judgment, knowing it will pass.

Ways to manage

- **Deep Breathing & Mindfulness:** When irritability arises, take a few deep breaths to center yourself. Mindfulness practices can help you stay calm and prevent your emotions from escalating. @insightimer
- **Movement:** Physical activity is a great way to release pent-up frustration. Go for a walk, stretch, or do a quick workout to shift your energy and mood.
- **Set Boundaries:** If you're feeling overwhelmed by others or by tasks, give yourself permission to step back. Taking some alone time or saying "no" to certain obligations can help reduce stress.
- **Journaling:** Writing about your irritability can help you process and release those feelings. It's a safe space to vent without harming relationships or bottling up emotions.

How has irritability shown up for me in the last few days? What might be causing it?



Day 12 - Loneliness

For many people, cannabis use can be a social activity or a form of comfort when spending time alone. Without it, you might start to notice a sense of isolation or emotional distance. Solitude can be a powerful tool for reflection and healing.

Today's focus is on recognizing and managing those feelings in healthy ways.

Instead of letting loneliness weigh you down, use this time to reconnect with yourself and others in meaningful ways:

- **Reach Out to Friends:** Even if you're not using cannabis, that doesn't mean you can't enjoy the company of friends. Invite someone for a coffee, walk, or activity that doesn't revolve around cannabis.
- **Reconnect With Yourself:** Sometimes, feelings of loneliness come from being disconnected from ourselves. Use this time to reconnect through journaling, meditation, or spending time in nature. Solitude doesn't have to mean loneliness—it can be a chance to nurture your relationship with yourself.
- **Join a Community:** Look for groups, online or in person, where you can meet like-minded people. Whether it's a hobby group, fitness class, or even a tolerance break support group, connecting with others can help you feel less isolated.

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When have I felt lonely during this break? What emotions are tied to those moments? How can I reach out to others?



Day 13 - *It's Not the Death of Creativity*

A common concern during a tolerance break is the fear that creativity will disappear without cannabis. If you're someone who uses cannabis to tap into creative thinking or inspiration, you might be wondering how to access that creative flow without it. This is an opportunity to explore your creativity from a fresh perspective. You might find that your ideas are more focused, or that new avenues of creativity open up without the influence of cannabis.

Here are a few ways to nurture your creative side without cannabis:

- **Set Time for Creative Play:** Creativity thrives when it's given space. Set aside time each day to "play" creatively, whether that's drawing, writing, playing music, or anything else that lights you up.
- **Switch Mediums:** If you're feeling creatively blocked, try exploring a different medium than your usual one. If you normally write, try painting. If you're into photography, try poetry. This can spark new ideas and help you see things from a different angle.
- **Embrace Imperfection:** Sometimes, fear of not being "good enough" stifles creativity. Let go of the pressure to create something perfect. Let this time be about exploration and fun.

Affirmation. My creativity is alive, and I trust that I can tap into it in new and exciting ways. I allow myself to explore creativity without judgment.



Day 14 - Celebrate!!

Congratulations! You've officially reached the two-week mark. This is a huge milestone, and it's important to acknowledge all the effort, resilience, and growth you've demonstrated along the way. Today is all about celebrating your progress and reflecting on how far you've come.

Write it down baby!

What am I most proud of from these past two weeks? How have I grown or changed during this break? What were my biggest challenges? how did I overcome them?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 15 - Don't Use Alternatives

As you enter the final stretch of your tolerance break, you might start to feel the urge to substitute cannabis with other substances or habits. Substituting one crutch for another can derail the benefits of your break and take away from the growth you've been working so hard to achieve.

The Temptation of Alternatives

During a break from cannabis, it's common to feel tempted to replace it with other substances or behaviors, such as:

- **Alcohol:** Some people might turn to alcohol to relax or cope with stress, but this can undermine the purpose of your break and create new challenges.
- **Nicotine:** Turning to cigarettes or vaping as a way to manage cravings or irritability can negatively affect your health and well-being.
- **Junk Food or Sugar:** Emotional eating or using food as a distraction can lead to unhealthy habits that don't align with the goals of your break.

The purpose of this break is to reset your mind and body—not to simply swap one habit for another. It's essential to stay mindful of these temptations and stick to healthier ways of coping.

Have I felt tempted to use alternatives during this break? What might be driving those feelings?



Day 16 - Connect With Other Humans

As you near the end of your tolerance break, it's important to focus on the power of human connection. Isolation can sometimes feel easier during a break, especially if you're distancing yourself from activities or people tied to cannabis. But now is a great time to reach out, rebuild, and deepen connections with others in healthy, supportive ways.

During this break, you may have withdrawn from social settings involving cannabis, but reconnecting with others can offer new fulfilment and support and as humans we are social creatures who need connection!

- **Rebuild Non-Cannabis Friendships:** Sometimes, certain friendships revolve around cannabis. Now is an opportunity to spend time with people in new settings that don't involve smoking or consuming. Reconnect over shared interests or new activities.
- **Deepen Existing Relationships:** Whether with family, friends, or a partner, use this time to strengthen your relationships. Plan activities that nurture these connections—like cooking together, going for walks, or simply having meaningful conversations.

How can I reconnect with people in my life, or form new connections during this break?



Day 17 - Disconnection

Disconnection can feel like a mental or emotional gap between you and others, or even between you and your goals. Today, we'll focus on how to address these feelings.

Why You Might Feel Disconnected

During a tolerance break, it's normal to feel a bit out of sync with your usual routine or social circles. You might feel:

- **Disconnected from Friends:** If your social group revolves around cannabis, you may feel a bit distanced from them during this break.
- **Disconnected from Yourself:** Without your usual habits, it's possible to feel like you've lost a part of your identity. This can bring up feelings of uncertainty or discomfort.
- **Disconnected from Progress:** It's also common to feel a bit lost or uncertain about your progress. Maybe the initial excitement has worn off, and now you're questioning whether the break is worth it.

When have I felt disconnected during this break? From whom or what? When do I feel most connected?



Day 18 - Are We There Yet?

You've come so far, and now you're in the final stretch! This is an exciting time, but it can also feel like the finish line is just out of reach.

Today, we'll focus on maintaining momentum and staying motivated as you head into the last few days of your tolerance break. At this point, it's important to stay focused and remind yourself why you committed to this journey. The final few days can sometimes feel the hardest as excitement and energy dip, but this is where resilience comes into play.

- **Revisit Your Wins:** Think back to all the challenges you've overcome so far. Each craving you resisted, each moment you stayed committed—those are all victories.
- **Visualize the Finish Line:** Imagine how proud and accomplished you'll feel when you complete this 21-day journey. This visualization can help motivate you to push through the final days.

Gratitude can help shift your mindset and keep you grounded. Reflect on what you're thankful for, whether it's your health, your progress, or the support from loved ones. A grateful mindset will make these final days feel more rewarding.

Today, write down three things you are grateful for:



Day 19 - Reflection

Today is a day for deep reflection. As you near the end of your tolerance break, take a moment to revisit your original purpose on Day 0. Why did you start this journey, and how close are you to achieving that goal?

What was your primary goal? Have you achieved what you set out to? What unexpected lessons or benefits have come from this break? What challenges did you face along the way, and how did you overcome them?

Affirmation: I move forward with clarity and purpose.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 20 - Plan For The Future

Whether you choose to continue your break, return to cannabis in a more mindful way, or change your relationship with it altogether, take today to plan for the future. Set your intentions for how you want to move forward based on what you've learned.

- **Mindful Reintroduction:** If you plan to return to cannabis, consider setting guidelines for how you want to approach it moving forward. By setting limits you can keep your tolerance down for longer and ensure your medicine works. You can also save money!
- **Continuing the Break:** If you've found that life without cannabis feels right for you, consider extending your break and setting new goals.

How will I introduce cannabis back into my routine?



Day 21 - PROUD PROUD PROUD

I am so proud of you. Taking a break is hard, getting to 21 days is amazing and worth celebrating. T-breaks work! Your tolerance is now much lower - congratulations! Don't forget to take this into account when approaching the plant again, make sure to start low and go slow. Plan your breaks ie you may only use cannabis when in pain, or for sleep and not at other times.

T-breaks are a healthy way to ensure you get the most out of your medicine, make them a part of your routine a weekend every month, a month every year or just a few days a week. Whatever works for you.

This past 21 days will have taught you many things. One of the things I learned it to trust myself again. Trust in ourselves leads to a higher purpose.

Extra Note Space:



Notes + Thank You

I think that a tolerance break is much easier with Cannabidiol (CBD) on board. Whilst yes it can contain 0.3% THC it is a very low amount. You can always get a CBD with 0% THC if you are concerned.

CBD is anti anxiolytic which can help with those first few weeks when the anxiety hits and also to help promote sleep. CBD is a neuroprotectant and should always be used when you are using THC.

I would suggest to not use CBD flower as if you are trying to manage behavioural changes replacing this in your vape, joints or bongs won't help you change. Try using an oil or an edible CBD.

I wrote this guide as when I recently did my tolerance break it highlighted to me the lack of structured information on t breaks, and each day I was searching for answers. Most I already knew but by writing this in a more structured way it sets you and I up for success for future breaks.

Thank you and I hope you have enjoyed this guide.

Get in touch

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She was unstoppable. Not because she didn't have failures or doubts. But because she continued on despite them - Anon

