

T-Break Guide

A guide to help support you on a
cannabis tolerance break

Created by: University of Vermont
Adapted by: West Chester University, Wellness Promotion



Check Your Progress

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Hello Golden Rams,

If you use cannabis, at some point, you might consider taking a tolerance break. Like anything else, your body builds up a tolerance: you need more to feel the effects. A tolerance break, also called a T-Break, could help you save money and maintain balance.

If you partake most days, a true T-Break should be at least **21 days long** since it takes around three weeks or more for THC to leave your system. This is because THC bonds to fat, which is stored in the body for a long time – some studies showed THC stored in fat for up to two weeks.

We offer this guide because taking a T-Break can be difficult to keep track of. 21 days is a time commitment and may seem intimidating at first. You may feel nervous if stopping seems harder than you thought, but there is no need to feel intimidated! This guide is here to help.

People may find some aspect of getting high beneficial. Cannabis can cause less harm than some other drugs and can create less cravings¹. For those very reasons, some people find it challenging to find a balance with cannabis; they might think that cannabis has no harms and no cravings. Everything has pros and cons. And cannabis, like a lot of things, can create dependency^{4,5}.

A T-Break is a good time to re-evaluate balance. If you want to stop completely, just continue the T-Break. Others may return to cannabis and can use this as a support while bringing down their tolerance and finding a better balance. Either way, a little support is a good thing. We hope you find it useful. We are here if you have any questions or need help during your well-being journey.

Rams Up!

Wellness Promotion

wellness@wcupa.edu

**To learn more or view the sources, check out the source list at the end of this guide.*

How to use this Guide

This guide has daily practices. Each week has a different theme:

Week 1 - Physical

Week 2 - Emotional

Week 3 - Spiritual/Existential

It may be helpful to read a few days at once because there are practical things about sleep and appetite that may be helpful right away. Care has been put into the content and order, but you know what works for you. There is a calendar in the front that you can use to check off the days. Plus, there are blank pages for your thoughts, drawings, etc. Feel free to make this a choose-your-own-adventure guide.

If you are currently prescribed a medicinal cannabis product, please consult with a medical professional before starting a T-Break.

If you want to go deeper into a specific topic area that resonates with you as you go through this guide, be sure to check out the resources in the appendix for more information!

A note on wording:

The word "marijuana" has a long history in the United States. Its roots are in racism and the war on drugs. In this guide, we say "cannabis" or "weed." Also, we say "partake" or "use" to include everything: smoking, vaping, eating, etc.

Here are some additional terms you will see throughout this guide:

Cannabis is defined as a "mind-altering psychoactive drug. Dry, shredded, green/brown mix of flowers, stems, seeds, and leaves from the cannabis sativa plant," according to the Drug Enforcement Administration. It is also referred to as weed.

THC: Delta-9-tetrahydrocannabinol is the cannabinoid found in cannabis known to produce a range of effects on your body and mind.

CBD- an active component in the cannabis plant that does not contain THC.

Day 0 – Preparation

Timing

Pick a date to start your T-Break. A 21-day stretch with some stability would be ideal. But there may never be a perfect time, and that's okay. Give it some thought, but just pick something.

Try to pick a date sooner rather than later—even today. Do not have a big lead-up, which may lead to procrastination. If you have a routine with cannabis, stick with it until you start your T-Break.

Stash and Paraphernalia

Don't have any cannabis around when you start. The closer it is physically, the more you may want to use it. If you can smell or see it, it may be difficult to get it off your mind. So, get rid of it. Same with paraphernalia. If you are quitting, get rid of it. If you are just taking a pause and don't want to get rid of your supplies, hide it away or let a friend hold on to it. Consider this a tidying up opportunity.

With a little help from my friends

Identify who may be a support and tell them that you are taking a T-Break. If other people in your life partake, they may even want to join you on this break. Most friends will understand you are taking a T-Break and will support you.

There may be some people in your life who will question you and make this harder. Some friends may try to get you back in the circle. Your changes cause them low-key discomfort, and they will want you to go back to the routine that works for them.

Day 1 – Stay Busy

Some people can go from always being high to a T-Break with no issues. Good for them. Others may experience some readjustment and discomfort: appetite, sleep, anxiety, irritability, etc. We hope that this guide can help and support you. Together, we will address each of these things.

The hardest moments will be the times of day when you usually partake. That's when your brain and body expect it. You'll get through it, but it helps to be busy.

Perhaps you have been wanting to work out or meditate more. Perhaps there is a show you've been looking to watch or a podcast you haven't had the time for. Maybe there is a hobby you've been wanting to get better at. Now's the time. Move, watch, learn, practice, whatever. Do something.

Some people are fine around friends who are high when they are not. That is your call. But joining them in a smoke sesh where weed is the only focus? That's a lot to ask of yourself.

Consider having things to do that you can invite friends to. If someone invites you to smoke, invite them to a movie. It is a good idea to have things planned to do with friends. It is also a good idea to have things planned for when you are by yourself. It helps to keep your body and mind busy.

Refer to the appendix for WCU resources on activities on and off campus.

Day 2 – Sleep

Some people who partake do so before bed because it helps them fall asleep. Unfortunately, some people come to have difficulty falling asleep without it. THC in your system during sleep impacts your sleep cycle (more on that later). Some people come to have difficulty falling asleep without cannabis.

This T-Break offers a chance to create new routines. "Bedtime" is a concept that you probably have not thought about in years. But falling asleep is as much about your bedtime routine as it is about being tired.

Think back to when you were little and had a set bedtime. Kids tend to sleep well when they have a routine—pajamas, bath, books, and bed. The whole sequence is designed to tell the body that it is time to sleep.

If you are having trouble falling asleep, look at your routine. If you don't have a bedtime routine, you can make one. Here are a few tips:

- Wear pajamas every night (fancy footy ones or old comfy clothes).
- Do something involving hot water: a bath, shower, face wash, or cup of herbal tea.
- Use the blue-light filter on your screen (blue light is a simulant) and turn off devices 30 minutes prior to sleep.
- If you live in an apartment or residence hall, your bed often becomes your table, desk, and couch, not just for sleeping. If sleep remains an issue, consider how you use your bed. It might help to stay off your bed until it is time to sleep.

Refer to the appendix for WCU sleep resources.

Day 3 – Food

Some people experience a lack of appetite when they cut back on cannabis. This is more likely if you often get high before meals. Cannabis tends to stimulate appetite. When used regularly, your appetite may have become dependent on cannabis to get it simulated. Here are a few tips:

- Act *as if* you are hungry and eat on a schedule. Acting "as if" is a concept from Adlerian psychology, poached by Cognitive Behavior Therapy. It's the idea of "fake it till you make it." You act *as if* something is true until it becomes true. The fact that this works shows the power of confidence, and that confidence can be created.
- Try not to skip meals. Eat at regular times and in regular amounts, but definitely don't beat yourself up about not finishing something. Eating something is better than nothing.
- Even though you may not feel hungry, your body still needs food. If you don't eat, you will feel more tired, irritable, and anxious. So, act as if you are hungry. Your appetite will return.

Cannabis stimulates appetite until it doesn't. For a small subset of people, after years of partaking, they develop a severe stomach pain called Hyperemesis Syndrome. This is likely due to a buildup of THC. Consult a doctor if you are experiencing these symptoms and believe they may be associated with cannabis use.

Refer to the appendix WCU food resources.

Day 4 – Cravings

Maybe cannabis was a big part of your life. Maybe not. Either way, it did something for you. Perhaps it helped you feel less anxious or less bored. When taking a T-Break, many people initially feel more bored, depressed, anxious, or irritable.

It is a triple impact: you are avoiding a thing that once helped, you may be experiencing withdrawal, and you are dealing with cravings.

These first days are hard. Actually, today—day 4—may be the hardest. Some people quit at this point, and you may want to as well, but don't quit just yet. It will start getting easier. Until it does, try these things:

When you are feeling an intense craving, distract yourself.

- Busy your body: change location, do laundry, exercise, move
- Busy your mind: play music, draw, create, call/text someone

When you are feeling moderate to low cravings, center yourself.

- Meditate: ride the craving, notice it, and let it go
- Reflect: what are you feeling physically? What is happening?
- Identify: look for patterns in cravings (time, place, feelings, etc.)
- Learn: what helps you ride them out?
- Plan: no blame, no shame, just plan for the next craving

Refer to the appendix for WCU resources on staying busy.

Day 5 – Sleep II

We sleep in stages with 90-minute cycles. REM sleep—when we dream—is a light stage. Deep sleep is physically restorative, and REM sleep is mentally restorative.

THC, like alcohol, brings people to deep-stage sleep quicker. That is why people feel like cannabis helps them fall asleep. But THC holds people in a deep sleep all night. Physically, this is fairly restorative. The problem is that THC disrupts REM sleep. Since THC holds people in a deep stage- and REM happens in the light stage- REM cycles get skipped.

If you smoke nightly, you go into REM rebound: you dream early and inefficiently. Many people who get high before bed think that they do not dream. When starting a T-Break, you may experience vivid dreams: that's you coming out of REM disruption. It will settle soon.

REM disruption caused by cannabis likely impacts your daytime as well. The top 3 effects of REM deprivation are 1) irritability, 2) anxiety, and 3) feeling tired. These are the same things that many students and professionals report getting in the way of success.

People often describe feeling less "cloudy" when they take a break. That is due to better sleep and REM. Perhaps you are feeling these positive effects, too.

For more information on cannabis and sleep, refer to the reference in the appendix.

Day 6 – Routine

There is a difference between "getting high" and "being high".
Being high is what you experience *after* you partake. It is chemical.

Getting high is the experience *before and as* you partake. It is personal and perhaps social. It develops over time. People create their own routines and preferences. Techniques can become art forms, and people begin to feel like masters of their craft. Since we all need to feel mastery, it can be hard to give up.

Consider if you have a “smoke-hole”: that spot where you always sit, that little table with your stash, grinder, and favorite piece. A space like this has gravity. Some people get sucked in so far that their world becomes just 6 feet wide, revolving around their mini fridge, a remote, game controller, speakers, and setup.

For some people, cannabis becomes an identity - their brand. They might be the connoisseur who learns every stain. Or the person who takes the biggest bong rip. Or the person who rolls the best joints. This is all kind of silly, but kind of real.

If you really enjoy partaking, it is okay to be good at it. But when you list the things that you are best at in life, cannabis probably shouldn't be in your top 3. We get good at what we practice. When you get high, you spend your time on that, not other things.

With the time and perspective you gain while taking a break, measure how wide your world is. Consider what routines are worth returning to and which are better left behind.

Day 7 – Celebrate

Week 1 is complete!

You have accomplished what most people consider the hardest part. Many people feel like it gets easier from here. Well done!

As we addressed yesterday, getting high requires time. It also takes money. Consider the money you've saved this week from not using. It is now time to spend it: treat yo'self.

After these 21 days, if you continue your break, you can save that money for something big. But during this T-Break, spend it.

What are you going to spend it on? Music, movies, food (now that your appetite is back?!) Maybe treat yourself to fancy pajamas for your new bedtime routine. Whatever. It's your call.

Try to reflect. If it is your style, in the space below draw or write about your experience this past week.

[illegible]

Day 8 – Withdrawal

In general, the withdrawal effects from a substance are the opposite of the effects that the substance creates. For example, caffeine stimulates the brain, so withdrawal creates headaches. This is also true with side effects. A side-effect of opiates is constipation; withdrawal involves pooping (a lot).

Consider what it feels like when you are high. If being high makes you feel more relaxed, then right now, you might feel a bit more jumpy or irritable. If being high felt calming, you might now be feeling more anxious. And, if, as a side-effect, being high helped you feel more connected to people, you might now be feeling more lonely. This week, we are going to look at these.

One other thing: there seems to be something cumulative about THC. We know that it builds up in our system. There seems to be a point at which cannabis stops working for some people, or even a point when they report getting high in reverse. Feeling anxious when high, even when that had never happened before.

This may come after a long period of heavy use. It may feel as if something has changed. Cannabis goes from being a special occasion to routine maintenance. Cannabis begins to have less and less impact, then none, and then maybe the opposite.

If that is not your experience, then we are glad. But with the increases in THC concentrations, this is just something to keep in mind. It invites partaking in moderation. It certainly suggests that a true tolerance break (like you are doing now) is a good thing.

Day 9 – Irritability

Since starting this T-Break, you might be experiencing disruptions to your sleep, your appetite, or your mood. Just one of these things would make someone irritable. But perhaps you have experienced a few or ALL of them. You may be feeling more irritable.

It is not comfortable, but you're okay. If irritability is not gone already, it will likely be gone soon. Go easy on yourself. If you've been a jerk to friends, you can apologize. You're good. You've got this.

Of course, not everyone experiences the same things. If some of the themes in this guide do not apply to you, feel free to take anything that works and leave what does not.

If you are feeling irritable or overwhelmed right now, hold on. There are lots of types of meditation: the right one will work. The wrong type may actually unsettle you. Experiment with guided vs. free, movement vs still. Checkout Headspace on YouTube.

Scan the QR code below for a five-minute guided meditation!



Also, consider trying to locate emotions inside you. We hold feelings in our bodies. Where do you keep anxiety? Stomach, head, neck? Where do you keep tension and irritation? Jaw, shoulders? Knowing the physical location of our feelings helps us recognize and exist with them.

Refer to the appendix for WCU resources on feeling irritable and anxious.

Day 10 – Anxiety

Anxiety can be difficult to manage, and for some people, cannabis seems to help. In fact, research is starting to tell us more about how. Unfortunately, research also seems to show that when people consistently use cannabis before their brain is done developing (≈age 27), it seems to worsen anxiety and depression in the long run.

When anyone starts using cannabis regularly, they become more sensitive to feeling anxious when they are not high. The same amount of anxiety that they once tolerated now feels overwhelming. They are then more likely to get high again to deal with it. This is totally understandable, but it just tends to make things worse in the long run.

It can be hard to sort out the extent to which cannabis helps with anxiety and the extent to which cannabis worsens it. This is further complicated by withdrawal. For example, say someone sets out to take a one-week tolerance break. Say they get really anxious around day three, start smoking again, and feel better. They might view that as proof that cannabis helps with anxiety: *"When I stopped, I felt really anxious; but when I started again, I felt better. Cannabis cured my anxiety."* But anxiety itself is a withdrawal symptom from cannabis. What they demonstrated was dependency*.

Refer to the appendix for WCU Mental Help Support resources and help with concerns regarding dependency.

**Consult with your doctor if you are experiencing these symptoms and are prescribed medical cannabis.*

Day 11 – Boredom

There are a lot of boring things out there, and cannabis may help make boring more fun. It is worth understanding how.

Being high makes *"boring"* more interesting by lowering your sense of what is interesting. This is similar to food. Food often tastes better when people are high, but we act as if getting high changes the molecular structure of food. We act as if we're the same, but the food has altered, and as if we are the same, but the boring thing is now more fun. The truth is, things have not changed: you're just high.

On any single occasion, this distinction does not really matter: if it tastes better, that's great; if it is less boring, that's fun. But boredom, as a mental state, is essential. It can spur creativity, imagination, and problem-solving.

As getting high becomes the solution to boredom, we become less skilled at learning from boredom and dealing with it. Getting high too often makes it harder to tolerate the regular routines of life.

If you return to getting high after this break, you might occasionally devour a meal while high or find a not-so-funny movie hysterical. Try and steer away from using cannabis as a cure for boredom.

Refer to the appendix for WCU resources on activities on and off campus.

Day 12 – Loneliness

Irritability, anxiety, and boredom all have a complicated interplay with cannabis: it can help reduce these in the short term, but make them worse in the long term.

Loneliness is not connected in the same way. Cannabis does not directly cause or cure it. But addressing loneliness here is important because it is so real for so many of us. Indirectly, cannabis may have helped keep loneliness away. During this T-Break, especially at this point with the noise of irritability diminished, perhaps you are feeling loneliness creeping in.

Loneliness is a hard feeling to describe. It is connected to depression, but it's not the same thing. Anxiety may be a fear of exposure that we might be seen and judged. Loneliness may be a fear that *no one* will see who we really are and that no one would want to.

Cannabis may help some people bond. Mostly, we feel good about this. But occasionally, we start to question if anyone really knows us or if anyone cares. Some of that may be paranoia from cannabis; you may just have been too high. But some of that is doubting the authenticity of those connections. *We will talk about "connection" in Week 3.*

You are not alone. Not everything is fake. But, like anyone, you could probably stand to strengthen and deepen your connections a bit more. Now, during this T-Break, is a great time. Your authenticity (in your beauty and flaws) makes you real to others. That is the heart of connection and the antidote to loneliness. Try and let yourself be seen.

Refer to the appendix for WCU resources on connection.

Day 13 – Creativity

Being high has long been associated with being more creative. Perhaps this is true for some people. Whether by placebo (simply believing it may make it true) or by chemical alteration (the brain operates differently when high), some artists may make better art when altered.

Others do not. Sometimes artists listen to a recording of the music they played while high, and what felt like connection and improv while high turns out to suck when heard sober.

There is no doubt that substances alter reality, and this is connected to creativity. But the myth that someone can smoke & drink, pass out, and wake up with a hit dismisses the talent and hard work that art necessitates.

We are not here to speculate on the true source of creativity. Nor will we dismiss the connection of altered states to it. But art takes talent, and talent is enhanced by skills. So, if you are into creating, get to work on your skills. This T-Break is a good time to do it. Like we established on Day 1: stay busy.

Challenge: Be creative right now. In the space below or in the margins of this book, doodle, color, write lyrics, anything.

Day 14 – Celebrate

Week 2 is complete!

Time to celebrate!

Maybe you want to cook a meal for friends and play them a track of your new mix tape that your creativity and hustle produced. Or maybe you just want to celebrate alone. That's fine.

Alone is not the same as loneliness. Alone can be wonderful; loneliness is what doesn't feel great. Appreciating being alone is usually a good sign.

It's up to you. Enjoy.

*Reflect. If it is your style, in the space below
draw or write about your experience this past week*

Day 15 – Outsourcing

Have you ever heard someone talk about alcohol as "personality in a bottle"? Or say they are funnier or better at flirting or dancing when drunk? That's outsourcing. We are attributing the positive effect that we feel inside to something outside of us. With cannabis, it is less common, but still happens plenty.

We act like it is the alcohol that knows the jokes or the dance moves. We act as if a substance miraculously grants us previously absent skills. That's not what happens.

When someone describes a substance as making them feel "whole," "loved," or "comfortable in their skin," those are flags for addiction. It does not mean they are guaranteed to have a problem, but as humans, if that's the only time they feel good, they will always want to do it.

In a less intense way, when someone feels like a substance makes them a better version of themselves (happy, relaxed, funnier, etc.), then they are likely to want to use that drug for those reasons. This is something worth paying attention to in ourselves.

The problem with outsourcing is that the drug gets all the credit. We end up thinking that alcohol made us funny or that cannabis made us insightful. We think that we are better off altered, and it diminishes our self-worth.

But those are your jokes, your thoughts, and your dance moves. The substance just gave you an excuse (and the confidence) to try them. You deserve the credit. Own what's yours. Stop outsourcing.

Day 16 – Connecting In

The more we talk to people, the more we respect them. We all make mistakes. In fact, some of us make a lot. But it is rare to find a person motivated by evil. Hearing people's stories means witnessing struggle and strength.

You should know your own story. You should see your strengths and struggles. Yet many of us are more disconnected from ourselves than is healthy. That is no accident. There are systems in this world designed to create disconnection: patriarchy, supremacy, poverty, etc.

However, the hard truth is that it's on you to see and fight those systems. And it is on you to discover and love yourself.

Life can be exhausting. People may use substances as a way to escape. Some substances whisper escape; others scream it. At first, with moderation, drugs can be an escape. But *misuse* is always a trap. Misuse recreates the systems and cycles that disconnect people from themselves and others. Avoid misuse. Do the work of knowing yourself. **You are worth it.**

[Refer to the appendix for WCU resources on connecting in.](#)

Day 17 – Escape

From the perspective of Tom Fontana, creator of the T-Break guide:

"I'll never forget this particular conversation that I had with a student. She talked about why she loved being high: it allowed her to escape into the dream version of her life, which her real life was so far from. As a child of immigrants who sacrificed so much, she felt an obligation to fulfill their dreams for her life. Getting high was her escape from their life path that she felt stuck on.

I could see the pressure of her situation and had no problem understanding why she would want cannabis' escape. Then she shared her conflict: she was beginning to realize that cannabis' temporary relief made her current path just bearable enough, which caused her to avoid the harder path towards her actual dreams."

Being high allows some people to live in their own private world. Some of this is okay. But too much, too often, feeds disconnection. There is a difference between relief and self-medication: it's the timing.

If life has made someone walk across hot coals, let's not judge them for using medication afterward to tend to their wounded feet. But if someone is still standing on the hot coals, the misuse of medication will decrease their ability to find a way off.

We're not suggesting that your life- or your feet- are on fire, but for some people, this is real. No judgment from this end, but consider the degree to which cannabis (or any drug or behavior) is aiding you in the pursuit of your dreams or subduing you with false escape.

Day 18 – Connecting Up

Infinity exists in multiple directions. There is the infinitely large and the infinitely small, an infinity above and an infinity below.

Below us is the earth. Our roots stretch out and anchor us. They grow and connect us to others. Above us is the sky. Our hearts and minds can reach up and connect us to an infinity above.

Spiritual well-being is all about connecting to the idea of infinity, whether it's through religion, nature, love, science, or something else entirely.

Please note: we are not assuming that because you may use cannabis and are interested in a T-Break, what you really want is a guide to enlightenment. But it is worth addressing here since there is a power in connecting to something greater than ourselves.

This theme isn't so much about cannabis as it is about you and your connection to something inside, above, and all around you. Your connection to this infinity is well worth contemplating:

- When do you feel most connected?
- Is there space in your life for quiet and reflection?
- What activities and relationships support you in this?

Refer to the appendix for WCU resources on connecting up.

Day 19 – Connecting Down

Yesterday's theme of connecting up was a bit metaphysical. Today's is more grounded.

We need a connection to the people around us. Those connections are roots that feed, anchor, and secure us in a storm. We grow connected to the people who are there for us when we need them.

Cannabis is one way to make connections to other people. But how can we know the difference between real friends and weed friends?

If those connections grow beyond cannabis and become grounded in something deeper, then those are true friends. If those connections do not grow past the cannabis, then those are weed friends.

Take a look at your friendships. Do you hang out with people who don't use cannabis? Consider how you spend time with your friends who do. If you do lots of things together, talk about lots of things, and sometimes get high together, those are likely real friends. However, if you mostly get high together, talk about how high you are, how high you've been, and the next time you'll get high, those are likely weed friends.

Who have you felt connected to during this T-Break? That should give you some sense of who is truly there for you. Use that info.

Day 20 – What Next?

Almost there.

Each day had a theme about what might come up during your T-Break. We moved from the immediate to the future, from problems to possibilities.

How'd it go? Were there themes in this guide that helped? Other themes that fell flat?

As a recap, take some time to think about how this process went for you. Revisit themes that might have been a hit or miss.

What next?

What was your original purpose?

- If it was to reduce your tolerance, you've done it.
- If it was to see if you could do it, you've done it.
- If it was to see how you felt without THC - Well...how do you feel?

It is probably a good idea to make T-Breaks part of your routine: a weekend every month or a month every year. As a community, we hope to promote this aspect of balance.

Take a moment to plan your next break now.

Day 21 – Celebrate

From Tom Fontana, creator of the original T-Break Guide:

"Congrats. You've taken a successful T-Break!"

Give yourself some credit for doing this. (Like...not too much credit: you took a tolerance break- you didn't save the whales). But for real, it is not easy to do. Well done.

I hope this guide was a help to you. Please consider giving feedback:

- *If the guide helped, then I would love to hear from you. Let me know what worked.*
- *If this guide was a miss, I'd love to hear from you even more. Let me know what bombed. We can make this better.*

Like most things, maybe it was a mix of both.

Let me know your experience: tom.fontana@uvm.edu

Thank you.

*Be well,
~Tom Fontana"*

If you would like to give feedback to Wellness Promotion directly, please email wellness@wcupa.edu.

Beyond 21 – Tips and Resources

If your break is now done:

Please keep a few things in mind if you choose to partake. T-Breaks work. Your tolerance is now lower. Make sure that you:

- Start low and go slow: cut back by half or more.
- Know that you have the skills to take a successful tolerance break.
- Plan to take breaks periodically.

If you are keeping it going:

Here are a few ideas and resources:

- *If you've liked the routine of daily practice*, you might either start this over or open it to random pages. For a community of people taking a break, check out [r/petioles](#) on Reddit.
- *If you are considering stopping cannabis completely*, check out Marijuana Anonymous (MA) 12 questions. For a community of people who abstain, check out an MA meeting or [r/leaves](#) on Reddit. For an on-campus resource, schedule an appointment with the Drug and Alcohol counselor at the Counseling Center.
- *If you like tracking your progress*, check out the Grounded app. It counts your T-Break time and shows you how much money you saved.

A Note About CBD

Here is what we say about using CBD during a tolerance break:

1. It is your break. We support you in doing what's best for you.
2. If possible, try to limit or abstain from CBD during your break.

Here's why:

Tolerance is not just chemical- it's behavioral. Although a person could likely use CBD during a break and still reduce their chemical tolerance to THC, that person might miss out on other aspects of tolerance.

Behavioral tolerance includes the habits, routines, and rituals that we build into cannabis use. These, in turn, come to impact our thoughts and cravings and even the very experience of being high. As chemical tolerance increases, we increasingly rely on these behavioral aspects for enjoyment. It can be helpful to take a break from these to gain perspective.

Additional advice:

If possible, don't use CBD during a break. However, if you really struggle with withdrawal or other experiences that would keep you from taking a break, and CBD is the only thing helping with that, use it.

If you are going to use CBD, try these two practices. First, only use CBD during the early days when physical withdrawal is intense, then try tapering off. Second, if you use CBD, use it in the most boring way possible. Take drops, oil, or a simple edible (don't use CBD flower as a replacement in your bong or joints). Taking these steps might also help reduce your behavioral tolerance.

A Note About Tobacco

Some people like to mix tobacco with cannabis. In many places, tobacco costs less than cannabis, so it saves a little money. And, since tobacco is not great for our health, people like that they are not using as much tobacco. Those two things are positive. But the combination of tobacco and cannabis also creates some not-so-good stuff.

Cannabis is a bronchodilator; it opens the lungs. When inhaled together, the nicotine goes deeper into the lungs. This is why people often cough when using cannabis together, even if they don't when using it separately. The headrush that people experience may be asphyxiation, a temporary lack of oxygen. Some people like this feeling so much that they want to experience it over and over.

If you combine the two occasionally, you will probably be fine during this break. But if you combine the two often, you might also experience nicotine withdrawal. If this is holding you back from a successful tolerance break, then you might want to consider nicotine abstinence supports, too (like a patch or gum).

Appendix

Resources

Staying Busy, Boredom, and Connection

- On RamConnect you can find campus activities, clubs, and events
- Check out Downtown West Chester on Instagram or online for events happening in West Chester Borough
- Student Leadership and Involvement, located in Sykes Student Union, helps you connect with others and grow leadership skills.
- Project Connect, through Wellness Promotion, is a peer-led group centered around connecting with others.

Sleep

- **Wellness Coaching** is a short-term, action-oriented tool to help students explore their strengths and personal motivations, identify topics they want to explore, and work towards their health and well-being vision utilizing sustainable strategies in a supportive environment. Offered by Wellness Promotion.
- **The Refresh Sleep program**, developed at Stanford University, provides college students with skills and strategies to achieve better sleep. Course material is distributed to students weekly for a total of 7 weeks through email. Check RamConnect for the next session offered by Wellness Promotion.

Food Resources

- **The Resource Pantry** is open to all undergraduate and graduate students at West Chester, regardless of need level. No appointment is necessary; walk-ins are welcome at any time during hours of operation. It is located on the bottom floor of Commonwealth Hall.
- **Dining Services:** Westchester.campusdish.com

Irritability & Anxiety

- The Counseling Center offers individual and group therapy to all active students and can assist with finding off-campus mental health support and resources.
- CASICS (Brief Cannabis Screening & Intervention for College Students) is an individual conversation about substance use with a professional staff member from Wellness Promotion.
- Look for local support groups in West Chester or your hometown.

Connecting In and Up

When it comes to discovering more of yourself and connecting to the world around you there is no wrong way to do so. Here are some places at WCU to help you discover more about yourself:

- Center for Women and Gender Equity
- Center for Trans and Queer Advocacy
- Counseling Center
- Center for Contemplative Studies
- Office of Fraternity and Sorority Life
- Student Athletics
- Campus Recreation
- Wellness Promotion
- Dowdy Multicultural Center

... and more!

You can also view all of WCU's clubs on RamConnect. If you don't see something that interests you, talk to Student Leadership and Involvement about how to create a new club!

Additional Information and Sources

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3. **Cannabis, Cannabinoids, and Sleep: a Review of the Literature**
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4. **Clinical management of cannabis withdrawal**
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9110555/>
5. **Cannabis Use Disorder**
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6. **Cannabis, a cause for anxiety? A critical appraisal of the anxiogenic and anxiolytic properties**
 - <https://www.sciencedirect.com/science/article/pii/S0376871620301228>
7. **Cravings**
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8. **Blunted highs: Pharmacodynamic and behavioral models of cannabis tolerance**
 - <https://www.sciencedirect.com/science/article/pii/S0924977X20300225>
9. **Feasibility and utility of a structured guide for cannabis tolerance break in young adults**
 - <https://www.tandfonline.com/doi/full/10.1080/07448481.2022.2155061>



Doodles, Thoughts, and Ideas!

