

CANNABIS SUPPORT KIT: BREAKS, QUITTING, AND SAFE USE





NAVIGATING YOUR 30-DAY WEED BREAK: WHAT TO EXPECT AND HOW TO SUCCEED

As THC leaves your system, you will go through a range of physical and psychological withdrawal symptoms which on average can last for up to 3 weeks (shorter and longer depending).

SYMPTOMS TO OVERCOME

Week 1: Insomnia, shakiness, reduced appetite, sweating, chills.

Week 2: Irritability, anxiety, restlessness, depression.

Week 3: Anger, frustration, boredom.

Week 4: Existential questions.

WEEK	WHAT TO EXPECT	WHAT TO DO
Preparation: Planning for Success	As you approach your break, it's normal to feel both excited and anxious. While the journey is unpredictable, good preparation can set you up for success.'	<ul style="list-style-type: none"> Eliminate Supply: Remove all weed and related items from your environment. Communicate: Inform friends about your break to gain their support. Craving Strategy: Develop a plan for handling cravings when they arise. Identity Shift: Reinvent yourself as someone who doesn't use weed for the next 30 days. Embrace this new identity!
Week 1: Withdrawal is real	During the first week, expect both physical and psychological symptoms such as insomnia, irritability, and cravings due to decreased THC in your system. By the end of the week, you may also notice improved focus and clearer thinking.	<ul style="list-style-type: none"> Stay Hydrated & Exercise: Support your body's adjustment. Hot Showers & Meditation: Calm your mind and body. Supplements: Consider approved options to ease the process. Taper Use: Gradually reduce if symptoms are severe.
Week 2: Managing Mood	While physical symptoms may start to fade, be prepared for psychological challenges such as vivid dreams, irritability, anxiety, and depression to intensify. Although you'll begin to notice the positive effects of your break, you might also experience stronger cravings.	<ul style="list-style-type: none"> Continue Week 1 Habits: Keep exercising, staying hydrated, and practicing mindfulness. Manage Cravings: Use mindfulness techniques and distractions. Develop New Hobbies: Fill the void left by cannabis with positive activities. Seek Support: Surround yourself with friends who don't use or who support your journey.
Week 3: Persistence and Positivity	You might feel lingering anger and depression even as other symptoms start to subside. You'll notice clearer thinking, reduced brain fog, and gain insightful perspectives on your relationship with cannabis.	<ul style="list-style-type: none"> Practice Introspection: Reflect on your journey and the resilience you've shown. Explore New Activities: Broaden your horizons and engage in new experiences. Stay Positive: Surround yourself with uplifting people and maintain a positive outlook.
Week 4: Reflecting the Journey	By week four, you'll probably feel physically adjusted, but the deeper reasons why you used cannabis might still affect you. If you were a heavy user, you might notice some lingering symptoms. Now, it's time to think about what you've learned from this experience and plan your next steps	<ul style="list-style-type: none"> Reflect on Your Journey: Consider the insights gained about your relationship with cannabis. Evaluate Strategies: Identify what worked and what didn't during your break. Plan Next Steps: Decide whether to continue abstaining, moderate your use, or return to previous habits.
Beyond 30 Days: Living with Intention	Regardless of your goal, expect both good times and challenges. If you choose to stop using cannabis, you might feel like you're missing out on social activities (FOMO). If you opt for moderation, finding the right balance can be tricky. Remember, whatever your choice, including continuing as before, it's important to stay intentional about what's truly important to you in life.	<ul style="list-style-type: none"> If Stopping: Continue using the strategies that helped during your break. Be mindful of Fading Affect Bias, where you might forget why you wanted to change in the first place. If Moderating: Create a solid plan—avoid daily use and lower THC potency. Be honest with yourself and seek feedback from trusted friends or family.

NEED SUPPORT DURING YOUR BREAK?

Clear30 offers 30 days of guided support to help you every step of the way. Learn more at

www.clear30.org

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LOOKING FOR COMMUNITY?

Join conversations on Reddit at r/petioles and r/leaves. For additional resources, visit www.weedless.org



CALENDAR DAYS

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"I want to take a break because:"

"I will do these three things to make my break a success:"

"If I am having a craving, I will:"

"I am on a break. It is my identity. When someone asks me to smoke I will say:"

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BEAT CANNABIS WITHDRAWAL: STAY STRONG WITH THESE TIPS



Sleep Issues

Struggling to sleep?

- Sleep is more than just rest—think of it as recovery mode for your body and brain.
- Establish a consistent bedtime ritual to signal your body it's time to wind down.
- Try the 4-7-8 breathing technique—it helps calm your nervous system and prepares you for sleep.



Irritability and Mood Swings

Feeling moody or frustrated?

- Think of irritability like emotional weather—it's temporary and will pass.
- Step away from the moment. A 5-minute break can diffuse frustration fast.
- Cold water splash? It lowers your heart rate and can instantly reset your mood.



Anxiety and Restlessness

Feeling anxious or on edge?

- Anxiety is just energy that needs direction.
- Channel that nervous energy into movement—walk, stretch, or pace for a few minutes.
- When restlessness hits, ask: What can I do with this feeling instead of trying to fight it?



Cravings

Dealing with strong cravings?

- Cravings are like waves—ride them out and they'll subside.
- Visualize cravings building and then crashing, like a wave.
- Delaying your reaction by 10 minutes often gives you the space to move past it.



Appetite Changes

Lost your appetite? Or eating too much?

- Food isn't just fuel—make meals a moment to reset and ground yourself.
- Stimulate your appetite with bold flavors like citrus or ginger, and eat mindfully.
- View each meal as a ritual to connect with your body, not just a reaction to hunger.



Fatigue

Low energy dragging you down?

- Fatigue isn't failure—it's your body telling you it's in healing mode.
- A quick 10-minute sunlight break can boost your energy levels naturally.
- Pair sunlight with movement for a double shot of revitalization.



Brain Fog or Lack of Focus

Can't think clearly?

- Brain fog is a signal your mind is adjusting—give it time.
- Focus on one small task at a time. Don't aim for perfection, just completion.
- The Pomodoro Technique (25 minutes on, 5 off) can help reset your focus.



Boredom

Feeling stuck with nothing to do?

- Boredom is a sign your brain is craving stimulation, not necessarily weed.
- Use this time to explore new interests—try learning something completely different like a skill or hobby you've always wanted to try.
- Frame boredom as an opportunity, not a problem—it's your brain asking for engagement.

TRACK YOUR JOURNEY AND GET SUPPORT

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TIPS TO HELP AVOID UNINTENDED OUTCOMES WITH CANNABIS

SAFE CONSUMPTION



READ LABELS CAREFULLY



VISIT STATE APPROVED
DISPENSARIES



START LOW AND GO SLOW



AVOID MIXING SUBSTANCES

USE MINDFULLY



AVOID DAILY USE



LIMIT THC CONCENTRATIONS



SET YOUR LIMITS



TAKE REGULAR BREAKS

ENVIRONMENTAL HEALTH



KEEP AWAY FROM CHILDREN



DON'T USE BEFORE DRIVING



DON'T OPERATE MACHINERY

MONITORING YOUR MIND



ASSESS YOUR MENTAL HEALTH



MONITOR CHANGES IN MOOD
AND BEHAVIOR



SEEK FEEDBACK FROM OTHERS

CLEAR 30 helps individuals use mindfully, take a break or stop, depending on their goals. It offers daily personalized and supportive messages, science-backed information, videos and Reddit threads, meditations, support groups, interactive AI support, journaling tools, and much more.

DO NOT USE IF YOU ARE UNDER 21

CANNABIS CAN HARM BRAIN DEVELOPMENT AFFECTING MEMORY, LEARNING, AND MENTAL HEALTH. ESPECIALLY WITH REGULAR USE OR HIGH THC LEVELS. ITS ALSO ILLEGAL FOR THOSE UNDER 21 IN MOST JURISDICTIONS.

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BUILDING HABITS THAT LAST: 8 TIPS FOR A WEED-FREE JOURNEY

SECTION 1: SMALL CHANGES FOR BIG RESULTS



HABIT STACKING

"Pair a new habit with something you already do, like replacing your post-dinner smoke with a short walk. By connecting it to an existing routine, your brain links the new habit with something familiar, making it easier to remember and follow through."



SET MICRO GOALS

"Focus on the next 48 hours instead of big goals. Breaking larger objectives into micro goals reduces overwhelm and builds momentum. Short-term wins create a sense of progress and keep you motivated as you tackle the bigger picture."

SECTION 2: SMART TECHNIQUES TO BUILD NEW HABITS



USE TRIGGERS WISELY

"Set up reminders in your environment where you usually smoke to help you break the routine. Environmental cues like notes, alarms, or moving your smoking supplies can disrupt your autopilot and nudge you toward healthier choices."



2-MINUTE RULE

"Start a habit for just two minutes to make it easier to follow through daily. By lowering the initial barrier, you remove excuses and start building consistency. Once you begin, you're likely to continue for longer, making this an easy entry point for bigger habit changes."

SECTION 3: SIMPLE WAYS TO STAY ON TRACK



TIE YOUR HABIT TO IDENTITY

"Focus on becoming the kind of person who lives a healthy, mindful life. Shifting your mindset from specific actions (e.g., quitting weed) to your identity makes it easier to internalize the change. When you believe 'I'm the type of person who makes healthy choices,' following through becomes part of who you are, not just something you do."



CELEBRATE SMALL WINS

"Reward yourself after a week weed-free with something enjoyable, like a treat or a favorite activity. Positive reinforcement is key in habit-building, signaling to your brain that your efforts are worthwhile, and keeping you excited about the next milestone."



MAKE IT SOCIAL

"Get support from a friend or group. Sharing your goals publicly or even with a close confidant creates accountability, and being part of a supportive network makes you more likely to stick with it. Social reinforcement also provides encouragement when motivation dips."



REFRAME SETBACKS

"Don't give up after a slip-up. Use setbacks as a chance to learn and refocus. Progress isn't linear, and every stumble is an opportunity to identify triggers, reassess your strategy, and improve. Focus on the overall trajectory rather than perfection."

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