



UNDERSTANDING ANXIETY

Many adults experience anxiety symptoms like racing thoughts, muscle tension, difficulty relaxing, sleep disruption, and feeling overwhelmed. Exploring CBD and cannabis may help calm the mind, reduce stress, improve relaxation, and support restful sleep. This guide offers informed choices for emotional well-being.

THE CANNABIS NURSE

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CBD & CANNABIS GUIDE FOR ANXIETY & STRESS SUPPORT

UNDERSTANDING HOW TO CALM THE NERVOUS SYSTEM

A THOUGHTFUL APPROACH TO FEELING
MORE BALANCED AND AT EASE IN DAILY
LIFE.



HOW CBD MAY HELP

CBD interacts with your endocannabinoid system to promote balance. Research suggests it may help calm racing thoughts, ease physical tension, and support restful sleep. Starting with low doses and choosing quality products is essential for safe exploration.

THC & ANXIETY NOTES

While THC can help some people relax, higher doses may increase anxiety in sensitive individuals. Start low, go slow. Key terpenes to look for: Linalool (calming), Limonene (mood-lifting), and Beta-Caryophyllene (stress relief). Always consult your healthcare provider.



SAFETY & EXPECTATIONS

Approach safely: Start with low doses, keep a journal, and be patient. Important notes: Check drug interactions, buy from reputable sources, and discuss with your doctor. Results vary—CBD supports wellness but isn't a cure. Choose calm, choose informed.



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