

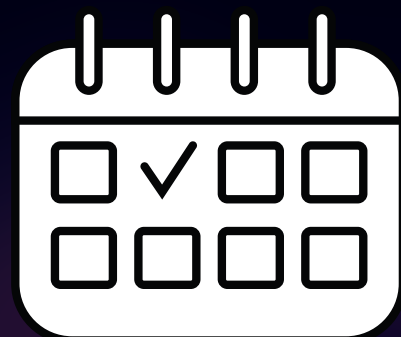
Weekly Double Dose Presents...

T-BREAK GUIDE

A GUIDE TO HELP SUPPORT YOU ON A CANNABIS TOLERANCE BREAK

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 ok. Give it a little thought, but just pick something.



STASH



Don't have any weed around when you start. The closer it is physically, the more we desire to do it. If you can smell or see it, that's the hardest. So get rid of it.

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 taking a T-Break and will support you.



T-BREAK GUIDE BOOK

Scan the QR code for your 21-day guidebook. Remember, this is a big change you're making so be easy on yourself and take it one day at time. Have questions or concerns? Reach out to the Wellness or Counseling Centers for support.



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