



"WE WERE ON A BREAK!"

If you use cannabis, at some point you should take a T-Break or "Tolerance Break."

An effective T-Break is at least 21-28 days long- it could take that long for cannabis to leave your system.



WHAT DO I DO ?

WHY SHOULD I ?

THC disrupts REM sleep cycles, and you are more likely to feel increased irritability, anxiety, and restlessness .

THC stimulates appetite. You may be choosing less nutritious foods or eating more than your body needs.

THC changes your memory and cognitive performance. Students who use cannabis frequently are less likely to graduate on time, and more likely to skip class.



REMINDER: CWU IS A FEDERALLY FUNDED CAMPUS. CANNABIS PRODUCTS ARE NOT ALLOWED ANYWHERE ON CAMPUS, INCLUDING RESIDENCE HALLS.

THE WELLNESS CENTER OFFERS SUPPORT TO STUDENTS FOR SUBSTANCE USE CHANGES OR RECOVERY. CWU.EDU/WELLNESS



1

Clean up your stash- move products and paraphernalia out of sight. This can reduce the desire to use.

2

Identify two different support people or groups that can hold you accountable. Ask your friends to take a T-Break with you.

3

Calculate how much money you'll save from a T-Break. Come up with a way to spend that cash as a reward to you!



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