

## 6 ways to Ease Anxiety with Cannabis and Lifestyle



### 1. Finding your Voice.

Once of the hardest things I have struggled with is my voice. As some of you may know I used to have a lot of vocal chord issues (for the full story go to [ladynowe.com/blog](http://ladynowe.com/blog)). This was a symptom that was constantly getting my attention because I wasn't listening any other way. During my journey of healing I also started to strengthen my spiritual relationship and in turn- my intuition. I have had an intuitive feeling on situations for years but would often ignore this gift. Once I started trusting my own voice, my intuition and inner guidance- guess what else was also getting louder? My ego. That voice that produces fear, overthinking, doubt, worry and ANXIETY! I literally at times felt like there was an angel on one shoulder and a devil on the other like in the cartoons! I would feel the answer but then I would hear this other answer and it would make me question myself and everything around me to the point that I wanted to scream out loud "Which one is my voice, my intuition!". I had to get clarity and produce a clear channel of information to come through and to be processed so I could feel in my body and in my heart again. The answer- to get still. In stillness is where you can process, listen, feel, hear and find inner peace. It's a voice that "knows". It's the voice that is gentle, produces a feeling of peace and well being and closes the gap of separation. It's the voice of love. Once you find stillness and start to connect to that voice more-YOUR voice-you will know much faster which is the Ego and which one is yours. You will know ease and find trust-bringing you peace and having anxiety has a thing of the past.

### 2. The fastest way to find Stillness

The fastest way to find stillness is through Yoga. Yin Yoga is very meditative. You hold poses from 2-6 minutes and have pauses in between each pose. This allows the body to ground and slow down for an extended period of time. Savasana after a flow class also brings great stillness because flowing allows us to get the energy in our bodies out by connecting our breath to movement so by the time savasana comes our body is ready for stillness to lay, close our eyes and to just be. Yoga Nidra is also an incredible way to find stillness and to enter the subconscious mind to rewire any limiting beliefs but to also find rejuvenation of the body. Just 20 minutes of yoga Nidra leaves me feeling like I have slept for 2 hours! Meditation and

focusing on your breath go hand in hand with yoga. I believe breathing and meditation are considered Yoga as well.



### 3. Cannabis

I started smoking cannabis when I was 16. I also think this was a time in my life that I started knowing what anxiety was. It has taken me 10 years to realize that I was actually using cannabis to ease my symptoms but had no idea at the time. At that age and up until about 3 years ago I had no idea that there were so many strains, cannabinoids, receptors and methods of using cannabis and the why's. I would notice that sometimes when I smoked a strain, it would make me tired but other times I could smoke something else and I would feel relaxed and still productive. At the time I was smoking, for lack of better words, ditch weed a.k.a. Whatever was available to buy. Now, being a medical cannabis patient and coach and having worked with so many others, as well as working on myself. I am completely in awe every day by cannabis and all there is to know and all there is left to know! Cannabis has changed my life and has been a part of my lifestyle for the past 3 years. I smoke an indica strain, with a higher thc ratio, such as Bubba Kush and Rockstar everyday. Some days I use it throughout the day, other times just in the evenings. I also enjoy CBD oil to ease anxiety and to keep my body in balance when I may be feeling like I could be getting sick. Cannabinoids only attack negative cells and bacteria in the body. It literally just wants you to be healthy and knows exactly what you need. I once had a bladder infection and was hours away from a hospital with an 8-10 hour waiting room time. I took pure CBD extract for two days and ta-da-no more bladder infection! CBD is my number 1 recommendation for anyone looking to treat anxiety. Working with a coach to find the best strain(s) and administration method is ideal when you are wanting to add quality and treatment of symptoms, paired with conscious education and how to advocate on your behalf into your lifestyle.

### 4. Food

You need to start eating for your mind, body and spirit. Your belly is like your second brain. What you eat will effect how your brain functions, your energy levels, your brain's go to for processing information and how your body will work together as a whole. I like to think your third eye/pineal gland is located by the brain for a reason. If your brain is foggy, slow, confused

and “clogged” you will feel that way in all areas of your life. If your brain is clear, healthy, vibrant and in harmony with the rest of your body, you will be at ease, feel less scattered and confused and anxious. This is another section that I could write endless pages about but my top three things to ease anxiety are:

1. Omegas and quality supplements such as an immune multi, probiotics, vitamin D and digestive enzymes.
2. Eat all the veggies and fruit. As much as you can all day, every day. I have been vegan for almost a year and my stomach is extremely happy!
3. Limit sugar and caffeine. These are known to amp up energy levels but what they also don't tell you is that will also up your anxiety levels and produce a hard blood sugar level crash, leaving you feeling worse and with even MORE anxiety



## 5. Nature

I believe that we have everything we need on this planet. Smoking a joint and walking through the woods, laying in the grass or swimming in bodies of water bring me back to the present moment. Being near water brings me peace and swimming or touching it allows me to feel cleansed (showers and baths are great too!). If you are busy and only have a few minutes, take your shoes off and place your feet on the ground. If it is a snow storm or the weather isn't nice, place your hands on some rocks or sand you have saved from a place you love. Nature is everywhere and is available to us to receive her beautiful balancing and healing energy. We are nature, nature is us.

## 6. Changing our Stories

Do you know that you are actually the one placing meaning on everything? It's a scary thing at first to realize but then always leaves me laughing at the concept as to how simple things actually are. The meaning we put onto things is what is actually causing the anxiety, not the item itself. I do this exercise a lot, I have coined as “The Simple Truth Exercise”. First, I will look at something and find my meaning on it that is causing me anxiety. For example: The tree outside is going to be cut down in my the town to build another building and it is

causing my anxiety because I love to look at that tree, that tree is always next to the music tents at the music festivals downtown with a hammock to lay in, the squirrels have a home there and I worry where they will go, how many more trees will the town take they take? Etc. Let your mind flow. Write it down. What are your stories that are causing the anxiety. Then, I start to ask myself but is there another way to see this and the answer is always yes. This could include- the tree will be cut down and now refugees will have a new home away from their country they are escaping from. The tree will be cut and will now be used for fire or for wood to keep people protected from the elements. This is a cycle of life. Write it down. What could this situation also “mean”? And then there is the simple act of what is acting happening “the tree is getting cut down by the town so an apartment can go there”. Doing this exercise keeps us in the present moment. Find the meaning your placing on it, what the situation also mean (these answers are usually peaceful and bring us ease), then find the truth of what is actually happening which is always the simple answer. This is the fastest way for me to “get my mind right”. It is also beneficial to have a coach or facilitator to hold space, hear your stories, say them back to you and guide you back to the truth of the present moment and how to let go of the stories that are no longer serving your highest good.

