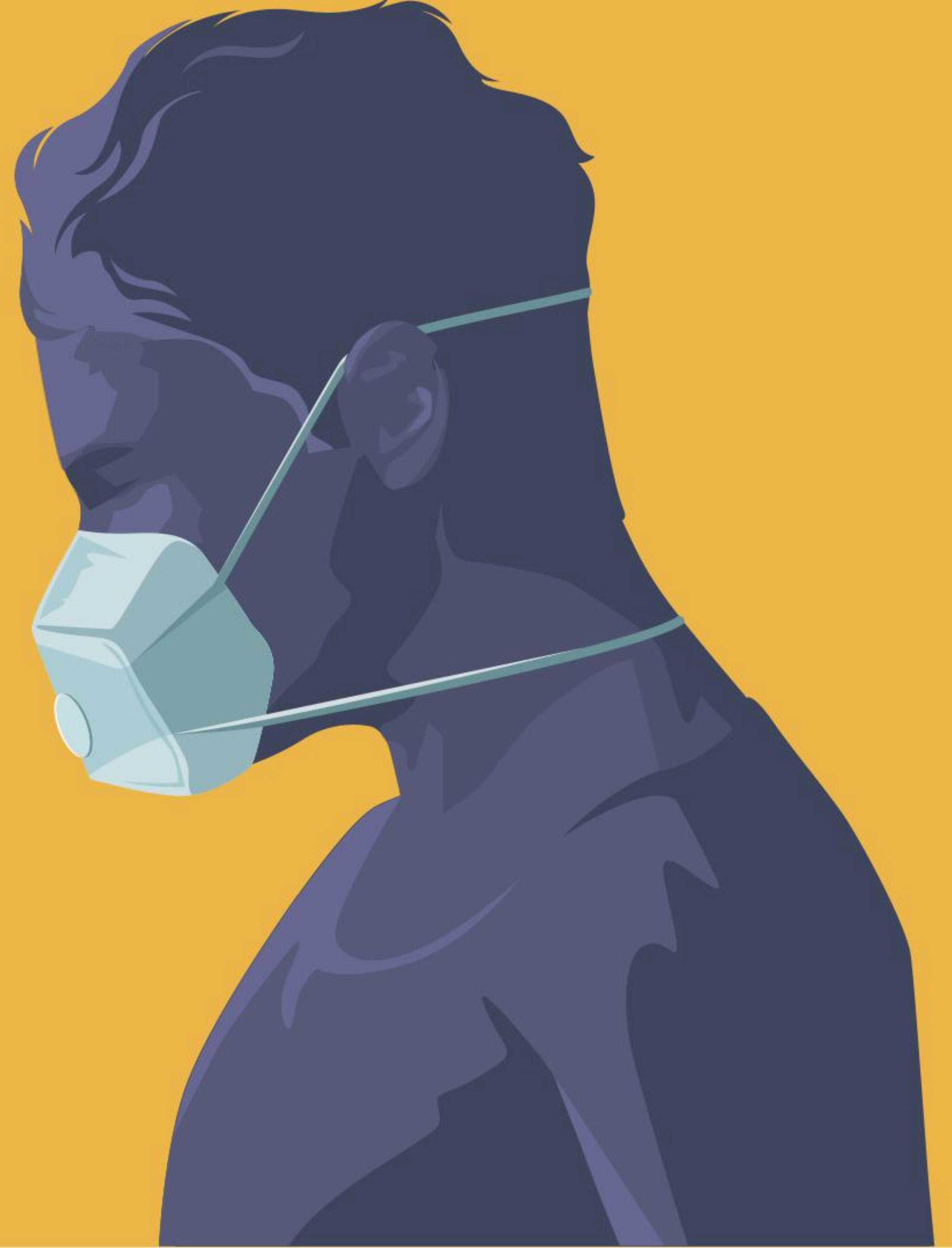


2021 MENTAL HEALTH CHECK





WHY DO WE NEED A MENTAL HEALTH CHECK ANYWAY?

TO PUT IT SIMPLY, THERE IS A LOT GOING ON RIGHT NOW. 2020 THREW US SOME MAJOR CURVE BALLS AND WE ALL WENT THROUGH THIS CHAOTIC TIME COLLECTIVELY.

OUR INTENTION IS TO CHECK IN WITH OURSELVES, FEEL OUT WHAT'S GOING ON WITH OUR EMOTIONAL BODY, AND FIND WAYS TO MAKE LIFE A LITTLE EASIER.

MAKE MENTAL HEALTH A PRIORITY

BURNOUT



SOCIAL MEDIA FATIGUE



COPING WITH COVID



HEMP / CANNABIS



BURNOUT

A STATE OF EMOTIONAL, PHYSICAL, AND MENTAL EXHAUSTION
CAUSED BY EXCESSIVE AND PROLONGED STRESS.



“BURNOUT IS WHAT
HAPPENS WHEN YOU
TRY TO AVOID BEING
HUMAN FOR TOO LONG”

- MICHAEL GUNGOR

CAUSES

SOCIAL ISOLATION.

OVERWORKING.

CO-DEPENDENCY.

CHAOTIC LIFESTYLE.

SYMPTOMS

HEADACHES?

MUSCLE PAIN?

INSOMNIA?

SHORTER ATTENTION SPAN THAN NORMAL?

YEAH, THOSE ARE ALL SYMPTOMS OF BURNOUT.

ARE YOU BURNT THE F**CK OUT?



"YOU CAN DO ANYTHING, BUT NOT EVERYTHING."

- DAVID ALLEN

REMEDIES

SELF CARE

SCHEDULE TIME FOR YOURSELF TO JUST BE. TIME TO CHILL OUT AND DO THE THINGS YOU ENJOY.

SETTING BOUNDARIES

IT'S OK TO SAY NO. TAKE CARE OF YOURSELF FIRST. LET PEOPLE KNOW WHAT YOU HAVE THE CAPACITY TO TAKE ON AND WHAT YOU DON'T.

RECHARGING

GO DO SOMETHING! YES, THERE ARE LIMITATIONS, BUT SWITCHING UP THE ENERGY IS KEY.

WORKING THROUGH BURNOUT

**GIVE YOURSELF PERMISSION TO
FEEL BURNT OUT.**

RETHINK YOUR DAILY ROUTINES.

**THINK OF YOUR DAYS AS 24 HOURS AND
ANYTHING BEYOND THAT IS NOT IN
YOUR REALITY.**

YOUR ENERGY IS CURRENCY. SPEND IT WELL. INVEST IT WISELY.

SOCIAL MEDIA FATIGUE

TENDENCY TO WITHDRAW FROM SOCIAL MEDIA, A FEELING OF ANXIETY AND BEING OVERWHELMED AT THE THOUGHT OF INTERACTING ONLINE.



CAUSES

SPENDING TOO MUCH TIME COMPARING YOURSELF TO OTHERS.

READING HORRIBLE NEWS ON THE DAILY.

ADJUSTING TO WORKING FROM HOME FULL TIME.

SYMPTOMS

MINDLESS SCROLLING, ADDICTION, ANXIETY, FEELING LOW ABOUT PERSONAL ACCOUNT, RESISTANCE.

RECONNECT WITH YOURSELF

IT'S TIME TO TAKE OWNERSHIP OF YOUR RELATIONSHIP WITH SOCIAL MEDIA. THERE ARE EASY THINGS YOU CAN DO TO FIND THE RIGHT BALANCE BETWEEN YOU & THE ONLINE WORLD.

"DON'T USE SOCIAL MEDIA TO
IMPRESS PEOPLE; USE IT
TO IMPACT PEOPLE."
- DAVE WILLIS



REMEDIES

CHECK IN WITH YOURSELF.
BE PRESENT AND HONEST.
TURN OFF NOTIFICATIONS.
SET SOCIAL MEDIA BOUNDARIES.
SHOW UP AUTHENTICALLY.

MANAGE YOUR SOCIAL MEDIA FATIGUE



MAKE MEANINGFUL
CONNECTIONS.

IT IS OKAY TO TAKE A BREAK.

IT IS GOOD TO DO THINGS WITH
YOUR HANDS AND STEP AWAY
FROM THE PHONE.

THERE IS NO PILLOW SO SOFT AS A CLEAR CONSCIENCE.

COVID RELATED STRESS

REMEDIES

REACH OUT TO FRIENDS.

SWITCH UP YOUR ROUTINE.

GET OUT INTO NATURE.

SYMPTOMS

ISOLATION, DEPRESSION, MONOTONY,
FEAR, ANXIETY, FATIGUE.



HAS COVID IMPACTED YOUR MENTAL HEALTH?

YEAH, SAME HERE. LET'S TALK ABOUT IT.



WHEN DIFFICULTIES ARE OVERWHELMING, TRY REACHING OUT TO OTHERS WHO CAN PROVIDE SUPPORT.

TRY TO REMEMBER THAT IT TAKES COURAGE TO ASK FOR HELP, AND BEING IN NEED SIMPLY MEANS THAT YOU'RE HUMAN.

WHEN ADVERSITY STRIKES, ASK YOURSELF 'WHAT AM I ABLE TO DO IN THIS SITUATION?' AND REDIRECT YOUR ENERGY TOWARDS ISSUES THAT YOU CAN INFLUENCE.

YOU WOULD BE SURPRISED HOW MANY OPPORTUNITIES ONE CAN FIND IN A STRESSFUL SITUATION, OR EVEN A TRAUMATIC LIFE EVENT.



FINDING BALANCE WITH HEMP, CANNABIS & YOUR MENTAL HEALTH.

WHAT'S MY DOSAGE?

OVER ONE-THIRD OF ADULTS WHO USE CANNABIS REPORT INCREASED USE OF CANNABIS AFTER THE COVID-19 PANDEMIC STARTED. THE INCREASED USE OF MEDICINAL CANNABIS USE MAY BE ATTRIBUTABLE TO HEIGHTENED ANXIETY AND DEPRESSION SYMPTOMS DUE TO THE PANDEMIC.

IT IS IMPORTANT FOR CONSUMERS TO FIND THEIR CORRECT MICORODOSE IN ORDER TO EFFECTIVELY TREAT MENTAL HEALTH ISSUES.

MICRODOSING



“MICRODOSING IS ESPECIALLY APPEALING TO PATIENTS WHO WANT TO TREAT ANXIETY DISORDERS BECAUSE OF ITS LIMITED INTOXICATING EFFECT AND THE ABILITY TO TREAT ANXIETY IN MULTIPLE SMALL DOSES THROUGHOUT THE DAY.”

“SUBLINGUAL TINCTURES ARE THE MOST RECOMMENDED PRODUCTS FOR MICRODOSING BECAUSE THE RATIO OF CBD TO THC IS WELL CONTROLLED AND DOSING IS EXACT. CLINICIANS USUALLY START PATIENTS ON 2 TO 2.5 MG 1:1 CBD:THC PRODUCTS FOR A FEW DAYS AND INCREASE FROM THERE IF NECESSARY.”

RESOURCES

BURNOUT

[HTTPS://WWW.HEALTHYWOMEN.ORG/YOUR-WELLNESS/SELF-CARE--MENTAL-HEALTH/HOW-TO-COPE-WITH-2020-BURNOUT/DEALING-WITH-BURNOUT](https://www.healthywomen.org/your-wellness/self-care--mental-health/how-to-cope-with-2020-burnout/dealing-with-burnout)

SOCIAL MEDIA FATIGUE

[HTTPS://WWW.FORBES.COM/SITES/PRAGYAAGARWALEUROPE/2018/07/30/5-WAYS-TO-OVERCOME-ONLINE-SOCIAL-MEDIA-FATIGUE-FOR-MENTAL-WELL-BEING/?SH=572F6FF81CFA](https://www.forbes.com/sites/pragyaagarwaleurope/2018/07/30/5-ways-to-overcome-online-social-media-fatigue-for-mental-well-being/?sh=572f6ff81cfa)

COVID

[HTTPS://PSYCHE.CO/AMP/GUIDES/RESILIENCE-IS-LIKE-A-MUSCLE-BUILD-IT-UP-WHEN-LIFE-PULLS-DOWN?__TWITTER_IMPRESSION=TRUE](https://psyche.co/amp/guides/resilience-is-like-a-muscle-build-it-up-when-life-pulls-down?__twitter_impression=true)

CBD, THC & MENTAL HEALTH

[HTTPS://WWW.CRXMAG.COM/ISSUES/2020/SPRING/CALMING-ANXIETY-WITH-CANNABIS.SHTML#](https://www.crxmag.com/issues/2020/spring/calming-anxiety-with-cannabis.shtml#)

[HTTPS://WWW.SCIENCEDIRECT.COM/SCIENCE/ARTICLE/ABS/PII/S0006295218302776?VIA%3DIHUB](https://www.sciencedirect.com/science/article/abs/pii/S0006295218302776?via%3DIHUB)

[HTTPS://WWW.TANDFONLINE.COM/DOI/FULL/10.1080/10550887.2020.1811455](https://www.tandfonline.com/doi/full/10.1080/10550887.2020.1811455)

CITATIONS

HOTLINES: [HTTPS://WWW.MENTALHEALTH.GOV/GET-HELP/IMMEDIATE-HELP](https://www.mentalhealth.gov/get-help/immediate-help)

NATIONAL ALLIANCE OF MENTAL HEALTH: [HTTPS://NAMI.ORG/HOME](https://nami.org/home)

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION: [HTTPS://WWW.SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE](https://www.samhsa.gov/find-help/national-helpline)

AP ARTICLE RE: SELF-CARE DURING PANDEMIC

HEALTHYWOMEN.ORG ARTICLE - HOW TO COPE WITH 2020 BURNOUT

MDPI STUDY RE: SOCIAL MEDIA FATIGUE

[HTTPS://WWW.FORBES.COM/SITES/PRAGYAAGARWALEUROPE/2018/07/30/5-WAYS-TO-OVERCOME-ONLINE-SOCIAL-MEDIA-FATIGUE-FOR-MENTAL-WELL-BEING/](https://www.forbes.com/sites/pragyaagarwaleurope/2018/07/30/5-ways-to-overcome-online-social-media-fatigue-for-mental-well-being/)

STUDY: INCREASED MEDICINAL CANNABIS USE SINCE COVID-19

THE THERAPEUTIC ROLE OF CANNABIDIOL IN MENTAL HEALTH: A SYSTEMATIC REVIEW

HOW TO BE RESILIENT - PSYCHE MAG