

Monthly Newsletter

RECOVER CANN
January 2026



New Year, New Rhythm

January often arrives with stress - resolutions, resets and expectations to "start fresh."

At Recover Cann, we're taking a different approach.

Rather than striving for perfection, this month is about finding a new rhythm.

After the intensity of the holidays, many are coping with disrupted sleep, emotional fatigue, pain flare-ups, and a nervous system still stuck in high alert.

This isn't the time to push harder, it's a time to reconnect. It's an invitation to **make space for connection, compassion, and steadiness.**

There's no rush.
There's no deadline.
Healing moves at a human pace.

Recover Cann is here to support you.

Welcome to
2026!

What to expect this month:

Grounded Guidance

Rethinking Resolutions

Reflection + Reset

Regulation Tools

Intentional Cannabis Use



Rethinking Resolutions

Traditional New Year's resolutions rely on restriction and willpower. These approaches can increase stress and dysregulation, especially for those managing chronic pain, trauma, or sleep issues.

Grounded Guidance: Finding New Rhythm

The nervous system thrives on predictability. In December, routines often fall away; sleep schedules shift, social demands increase, and stress hormones stay elevated.

In January, gently restoring rhythm can help:

- Regulate mood and emotional reactivity
- Improve sleep quality and daytime energy
- Reduce pain sensitivity and inflammation
- Support endocannabinoid system (ECS) balance

Aim for small, repeatable actions, not major lifestyle overhauls!

This year, instead of rigid resolutions, try setting sustainable goals that:

- are flexible, not all-or-nothing
- respond to how your body feels, not how you "should" feel
- are focused on consistency and care, not perfection

Examples of supportive goals:

- "I want to protect my sleep routine most nights."
- "I want to build one grounding practice each day."
- "I want to reduce stress, not just push through it."

Setting small, compassionate goals creates rhythm - and rhythm creates resilience.

Reflection + Reset

What rhythm feels supportive right now - even if it's slower than I expected?

You don't need a full plan for the year.
You just need your next steady step.





Tools for Regulation

Try these simple practices to help your body settle back into steadiness:

Daily check-in (2 minutes): What

- does my body need today - rest, movement, connection, or stillness?

Box breathing: Inhale 4, Hold 4,

- Exhale 4, Hold 4 - repeat 3-5x.

Gentle movement: Walking and

- stretching supports circulation, pain regulation, and ECS tone.

Intentional Cannabis Use: Exploring Your Senses

Is your current cannabis routine meeting all your needs, or could it be time to find a new rhythm?

Rather than focusing only on THC percentages, try tuning into the actual experience of cannabis, using your 5 senses.

Mindful use starts with awareness:

- **Sight:** colour, structure, moisture, trichomes.
- **Smell:** Earthy, citrus, floral, herbal.
- **Touch:** Texture, temperature, smoothness, bodily sensations.
- **Taste:** Subtle or bold, pleasant or surprising.
- **Sound:** The spark of the lighter, the environment around you.

By engaging the senses, cannabis use becomes more intentional, grounded, and informative - often leading to better dosing decisions, fewer negative effects, and greater alignment with your goals for sleep, pain, or mood support.

Next time you consume, we encourage you to take a moment to stop and smell the flowers!

