

# PTSD & Cannabis

Living with PTSD can bring intense stress, anxiety, and intrusive memories that impact daily life. For some, cannabis has become a therapeutic option to help manage these symptoms. If you're exploring treatment options for PTSD, here's how cannabis could help bring balance back into your life.

- **Reduces Anxiety and Stress:** The THC and CBD in cannabis may have calming effects on the mind, potentially easing the anxiety common in PTSD.
- **Eases Traumatic Memories:** Cannabis may reduce the intensity and frequency of flashbacks, making difficult memories feel less overwhelming.
- **Improves Sleep Quality:** Cannabis may promote deeper, more restful sleep, helping to alleviate insomnia and nightmares that often affect those with PTSD.
- **Enhances Mood Stability:** Cannabis may help regulate mood swings and depression, supporting your emotional balance.

**Work with your healthcare provider to achieve the best results from your cannabis therapy.**

