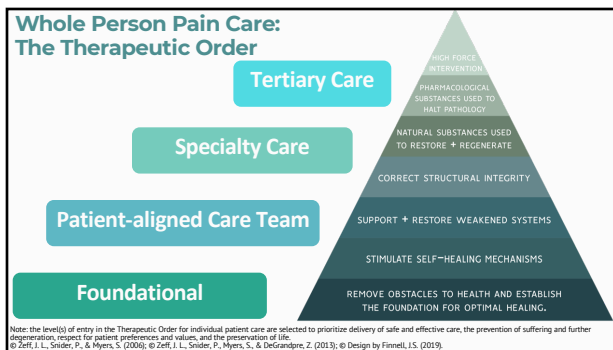


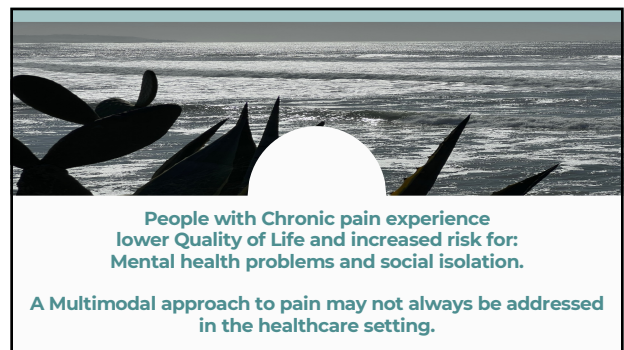
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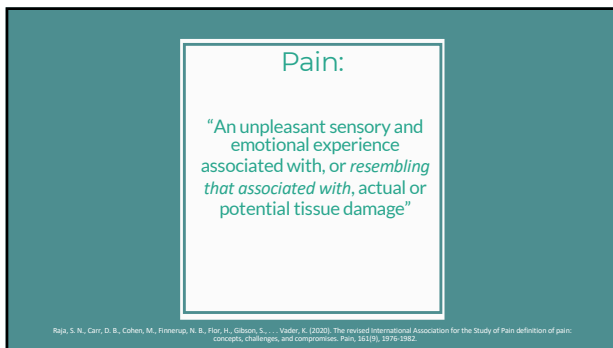
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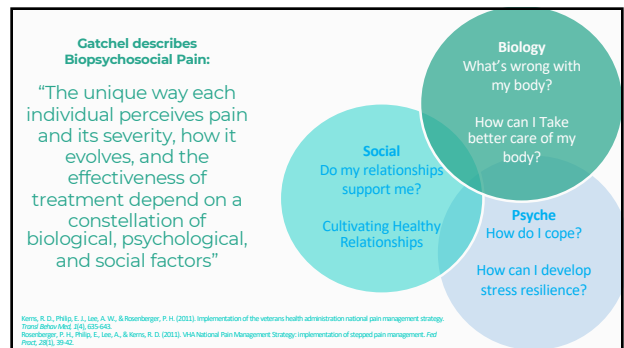
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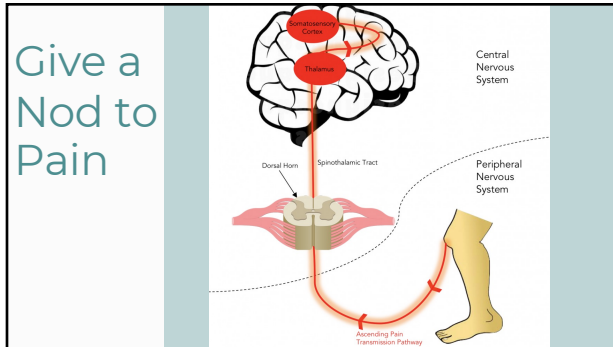
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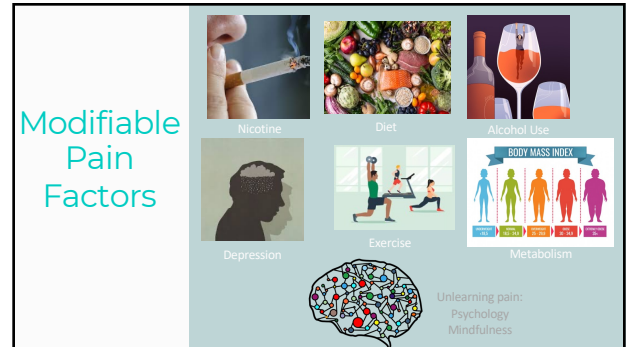
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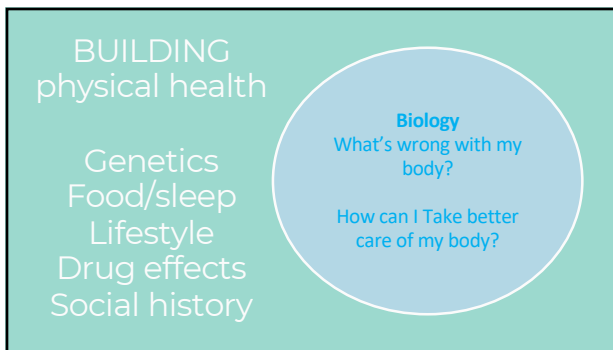
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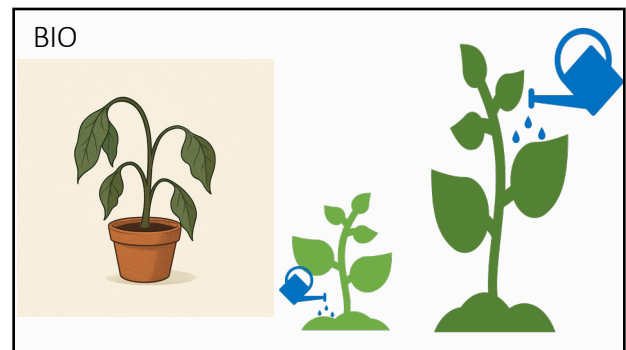
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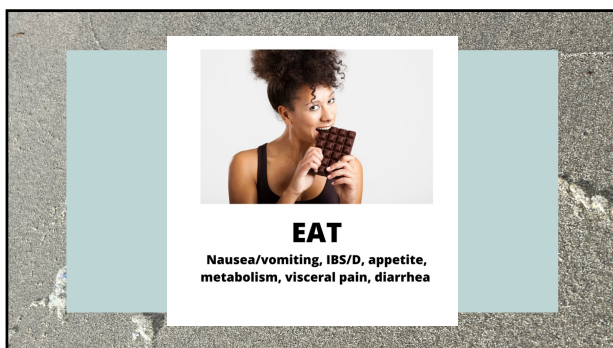
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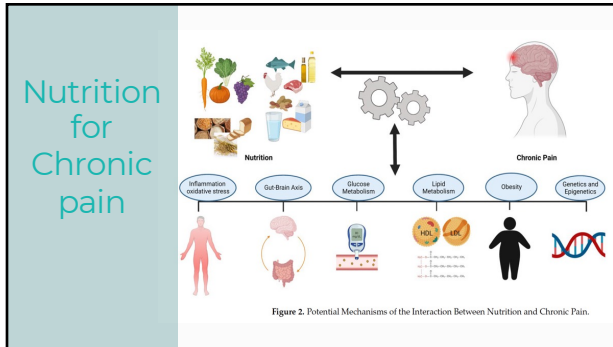
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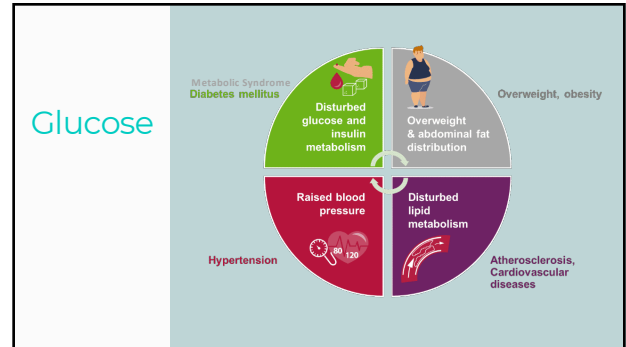
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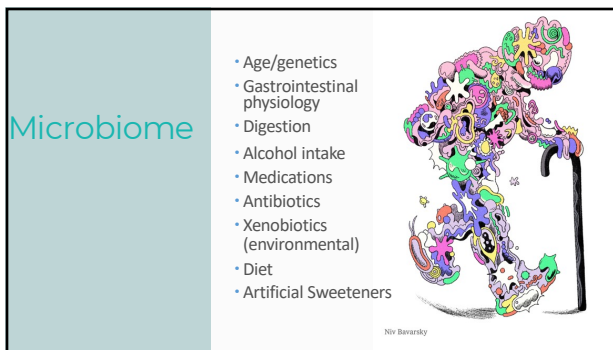
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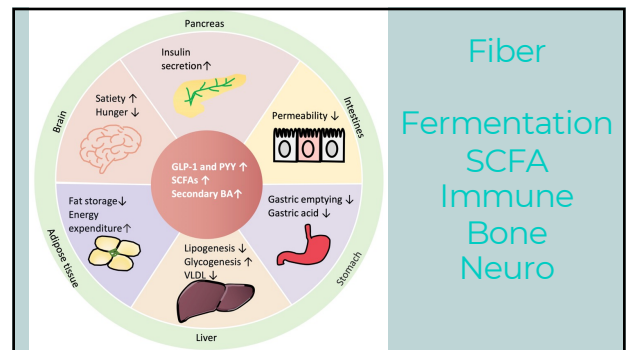
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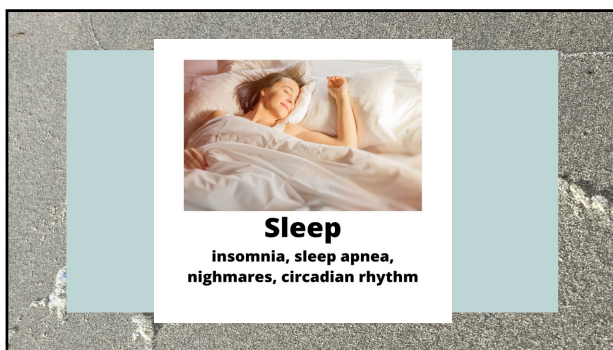
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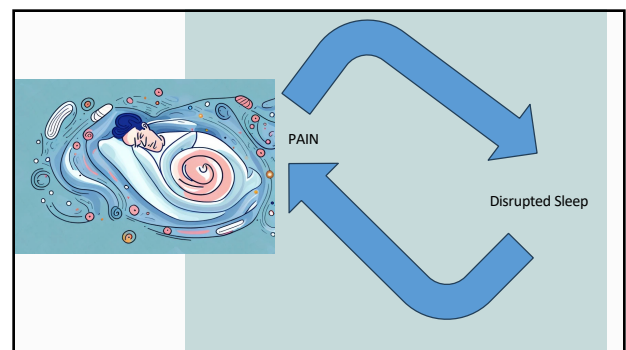
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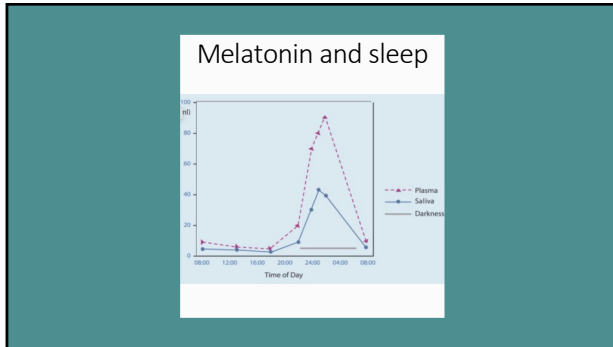
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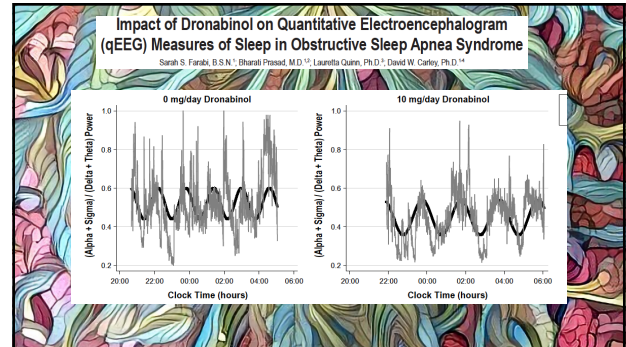
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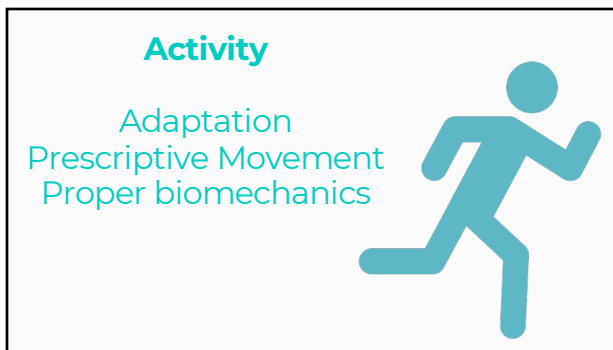
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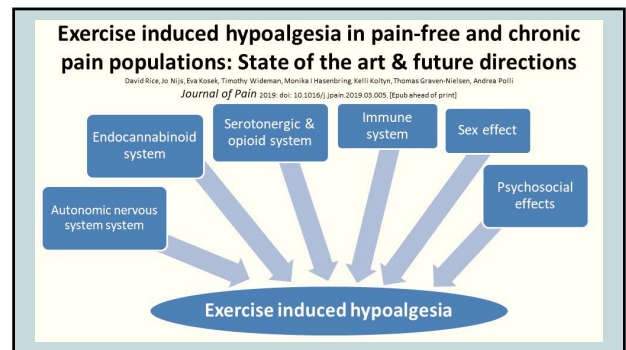
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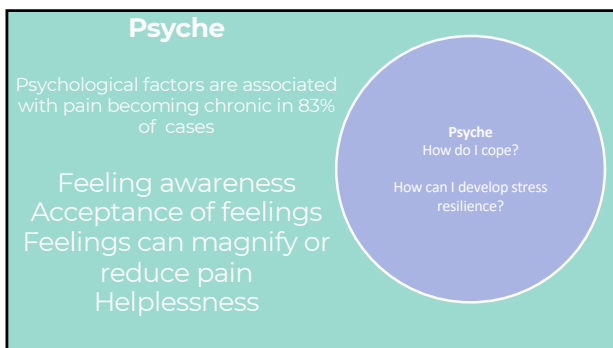
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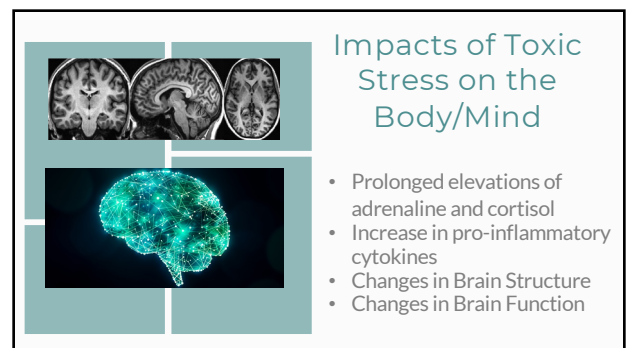
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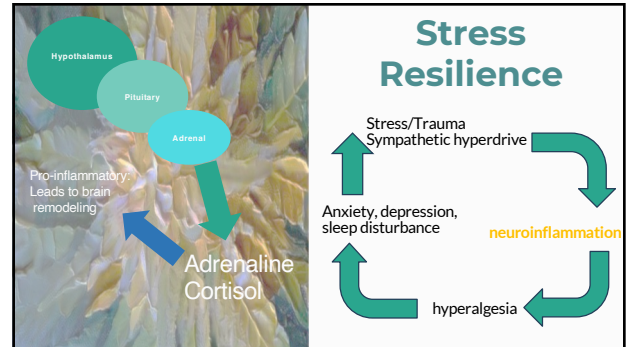
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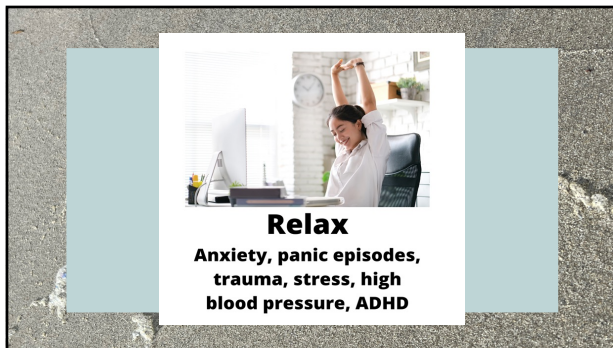
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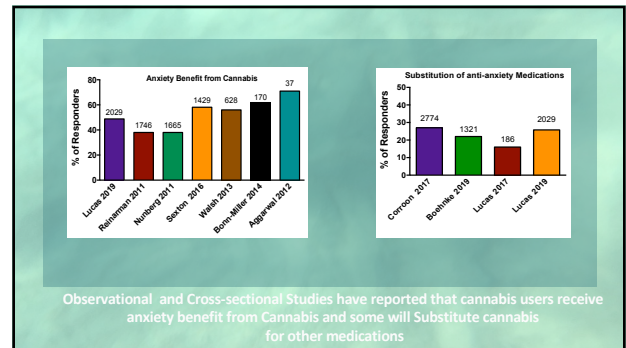
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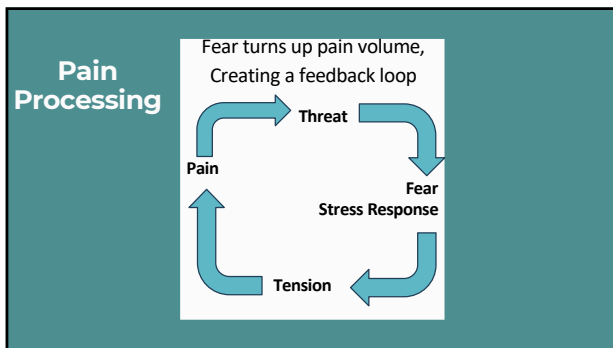
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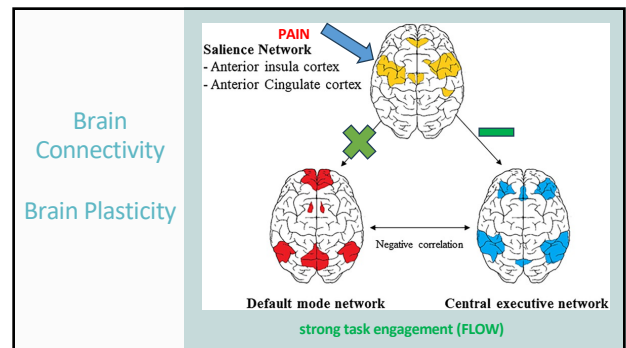
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29



30

Breaking the Cycle

The magic breath
Mindfulness
Music
Massage
Singing
Water

31

Rumination

Personality
Anticipation
Catastrophizing
Coping skills

Possible Causes of Rumination

- Obsessive Compulsive Disorder (OCD)
- Anxiety
- Phobias
- Depression
- Stressful Events
- Traumatic Life Events

32

Mental Energy

Once per day:
More meaning
More happiness
Resilience
Reframing

33

Social

Family
Colleagues
Friends
Community
Therapy

Social
Do my relationships support me?
Cultivating Healthy Relationships

34

Living with Chronic Pain

Loss of social connections, roles
Relational conflicts
Loneliness
Depression, Isolation

Building Social Ties

Reduce pain
Improve Quality of Life

35

Somatic Experiences

Combining mindful awareness with movement and sensation to reclaim Body/mind balance

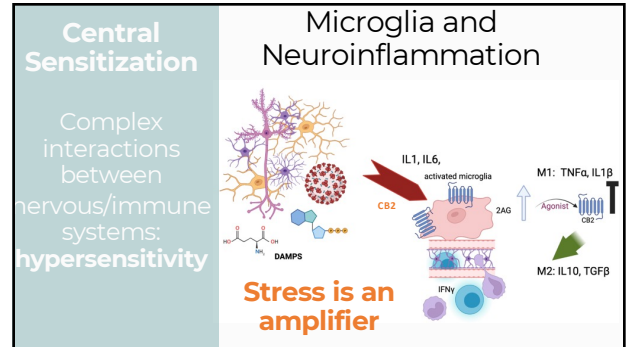
To open the senses for deeper insight and healing

To tap into body sensations and increase interoception

36



37



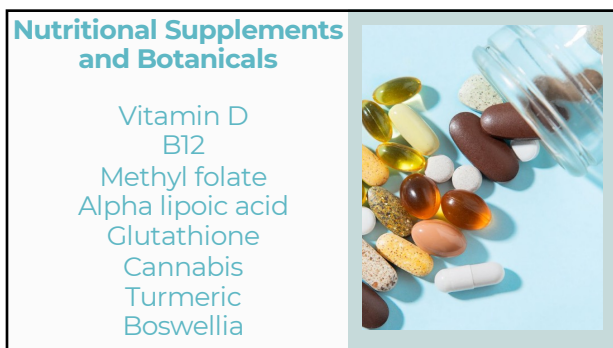
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39



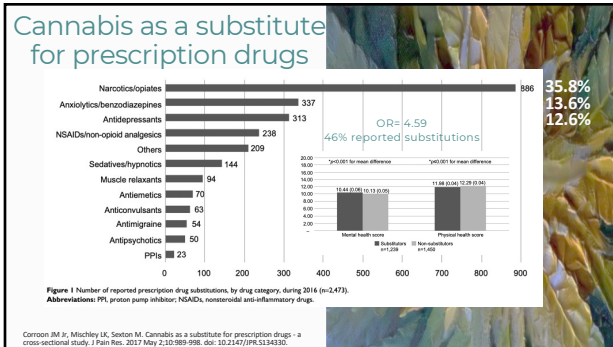
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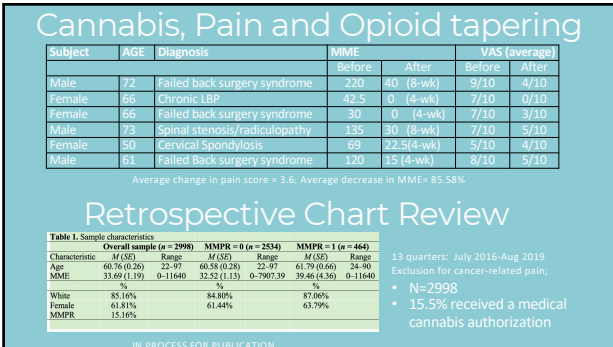
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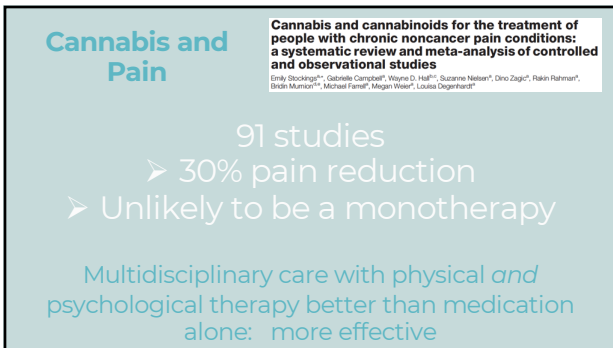
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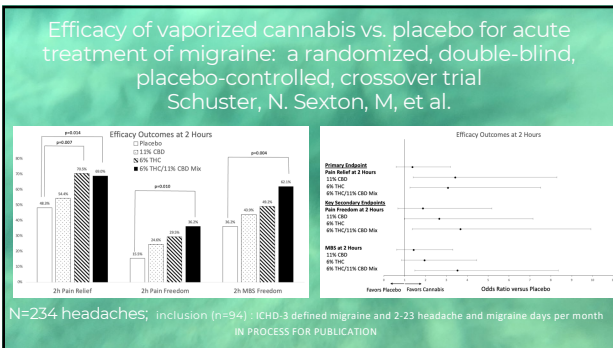
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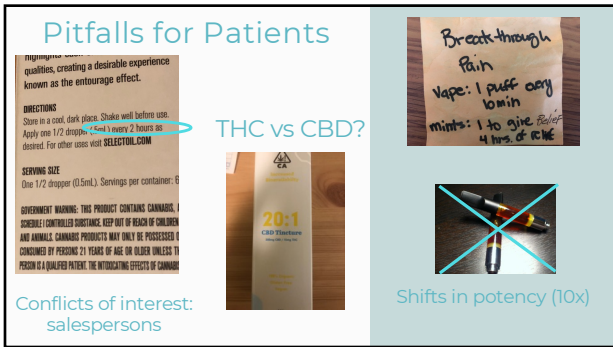
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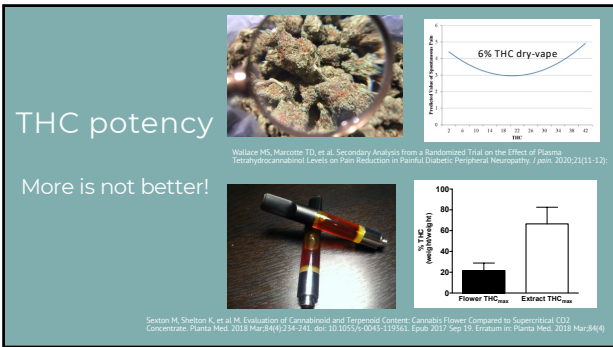
45



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Risks/Side Effects

- Risk of exacerbating dizziness/balance
- Cardiovascular effects
- Cognitive effects
- Drowsiness / Disorientation
- To inhale or not
- What is the “addiction” potential?
- DDIs
- Type of administration
- Product selection



"Remind me, is this medicinal or recreational weed?"

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