

# Cultural Daily

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## 5 Ways CBD Can Help You Through A Break-Up

Our Friends · Thursday, May 28th, 2020

At some point in our lives, we've all had to part ways with someone we thought was super special, and we thought (or hoped) would be around forever. You know how the situation plays out. We lose all motivation to go anywhere or do anything, order takeout three times a day, and drown our sorrows in junk food while watching sapping romantic comedies. If that sounds like you, don't worry, it's understandable that you might need to take a few days to "get over" a break-up. [A simple way to get CBD's benefits](#) and cure the break-up blues all at once is to get yourself a CBD vape pen and take a pull anytime you feel the tears start to well up. CBD naturally interacts with your endocannabinoid system and works with your brain to increase serotonin levels by interaction with certain receptors—and we all need some of that after a break-up! Here are some ways CBD can help you get over a break-up to where you'll never look back!

### Break-Up Anxiety

Depending on the level of the relationship, you can be left with dozens of unanswered questions about your future, and that uncertainty can lead to some major anxiety. Maybe you and your ex had different parts of your lives combined so separating is proving to be quite difficult. Furthermore, sometimes a lot of people are financially dependent on their partners, so they have no clue how they're even going to make ends meet by themselves. CBD will take the edge off and allow you to navigate through this unknown territory with a calm demeanor. Because let's face it, you're not going to be able to get anything accomplished while you're in a state of panic. So, chill out with your favorite CBD product and start mapping out your new plan! You've been here before—you'll be fine!

### Bad Days

Sure, the initial break-up blues are bad but don't you hate when you hear a song or smell a scent that reminds you of them all over again? This can sour a good day very fast, but not if you have some CBD on hand. CBD Vape Pens offer the quickest relief in as little as a few minutes. So, you can turn the radio and walk by any scent with no care at all! You're going to have a few bad days so lighten up on yourself—it's all part of the healing process!

### Sleep Easy

Perhaps one of the hardest things about parting ways with someone is not having them around and doing all of the things that you've done together. Of course, the longer you were together, the harder this might be for you. One of the things that might be hard to get accustomed to is sleeping

alone. Maybe you need to give your bed a makeover and get some new sheets, pillows, and whatever else makes you happy. Maybe a few scented candles, too? Then when you're ready to get some shut-eye, you can employ a nice CBD capsule or gummy to get you through the night and cuddle up with your pillow, or even your pup if you have one!

### **Focus On You**

This is the time to start re-routing your life and developing a plan that encompasses all the positivity you need to get you through days to come! Don't let harsh words replay themselves from your last argument, just focus on yourself! This is the perfect time to start a new hobby or follow through on something that you've been meaning to complete that will make you feel good about yourself. CBD is an effective approach for establishing focus, better mood, and fighting against depression. So, focus on yourself and do something that brings a smile to your face!

### **Indulge In Self-Care**

What better way to get over that insignificant other than by going all out for yourself! You should set aside time to create your very own CBD spa experience with CBD Bath Salts that contain some relaxing aromatherapy effects. You can use this time to really zen out and focus on what direction you'd like your life to head in and the steps you'll take to get there. CBD Bath Salts are also great for releasing all of those tense areas of your body. Sometimes stress, anxiety, and sadness can cause our muscles to tighten up as a defensive mechanism and this will be an effective, and probably a new favorite way to relax.

### **Conclusion**

CBD can help you get over a break-up in so many ways—ways that we didn't even get to touch on! Just know this, break-ups happen all the time, and yes, they hurt, but you'll feel whole again and be just fine! Taking some CBD during this time will definitely soften your sensitivity level and help you start to see the light at the end of the tunnel. It can be any kind of CBD product, just make sure it's good quality so you're actually getting all those miraculous benefits that CBD has to offer—especially through a break-up!

*Photo by Kelly Sikkema on Unsplash*

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