



MISSISSIPPI STATE
UNIVERSITY™

OFFICE FOR STUDENT WELL-BEING

The T-Break Guide

**A GUIDE TO SUPPORT YOU ON A
CANNABIS TOLERANCE BREAK**

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TABLE OF CONTENTS

Hello There!	3
How to Use This Guide.....	3
Day 0: Preparation.....	4

WEEK 1: PHYSICAL ADJUSTMENT.....5

Day 1: Stay Busy.....	6
Day 2: Sleep May Shift.....	7
Day 3: Appetite & Routine.....	8
Day 4: Move Your Body.....	9
Day 5: Notice Your Energy.....	10
Day 6: Structure Helps.....	11
Day 7: Week One Reflection.....	12

WEEK 2: EMOTIONAL & MENTAL WELLNESS..... 13

Day 8: Notice Your Stress.....	14
Day 9: Urges Come in Waves.....	15
Day 10: Connection Helps.....	16
Day 11: Check in with Your Emotions.....	17
Day 12: Change Your Routine.....	18
Day 13: Talk to Yourself Like a Friend.....	19
Day 14: Week Two Reflection.....	20

WEEK 3: REFLECTION & FUTURE BALANCE.....21

Day 15: Return to Your Why	22
Day 16: Notice Your Focus.....	23
Day 17: Financial Check-In.....	24
Day 18: Think About Your Future	25
Day 19: Choose Intentionally.....	26
Day 20: Create Your Personal Plan	27
Day 21: Completion	28
Beyond 21: Tips & Resources	29
MSU Support Resources.....	29
Well-Being Isn't One Thing — It's Everything!	30

HELLO THERE!

If you use cannabis, at some point it may be helpful to take a tolerance break — often called a T-Break. Like many substances, your body builds up tolerance over time. You may notice you need more to feel the same effects, or that using has become part of your daily routine rather than a conscious choice.

A T-Break can help reset your tolerance, improve focus and sleep, save money, and give you the chance to check in with yourself. It's not about labeling cannabis use as "good" or "bad." Instead, it's about awareness, balance, and making intentional decisions that support your wellbeing and success as a Mississippi State student.

This guide is here to help you through the process. Some days may feel easy. Others may feel frustrating or uncomfortable. That's normal. The goal isn't perfection — it's learning.

HOW TO USE THIS GUIDE

This is a 21-day guide, since THC can take about three weeks to fully leave the body for regular users.

Each week has a focus:

- Week 1 — Physical Adjustment & Routine
- Week 2 — Emotional Awareness & Coping
- Week 3 — Reflection & Future Balance

Each day includes:

- What you might notice
- Why it happens
- Practical steps to try

***You can journal, check off days, or simply read along.
Make it your own.***

DAY 0: PREPARATION

“chance favors the prepared mind”

—Louis Pasteur

Before your break begins, take a little time to prepare. A T-Break works best when it's intentional rather than spontaneous.

PICK A START DATE

Choose a date within the next few days — ideally one with some stability in your schedule. There may never be a perfect week without exams, assignments, or social plans. That's okay. Real life doesn't pause, and learning to manage your habits during a normal week is actually part of the process.

THINK ABOUT YOUR ROUTINE

When do you usually use cannabis? After your last class? Late at night in your apartment? Hanging out with friends? During stressful study sessions? Identifying your patterns now will help you anticipate difficult moments later.

CLEAR YOUR ENVIRONMENT

If cannabis or paraphernalia are nearby, the temptation increases. If you plan to continue using after the break, store items somewhere out of sight. If you're unsure, consider removing them completely for now. Making the desired choice easier — and the old habit harder — can make a big difference.

TELL SOMEONE YOU TRUST

This could be a roommate, friend, partner, or family member. Let them know you're taking a break and may appreciate encouragement or distraction. You don't need to explain everything — just sharing your goal helps create accountability.

FINALLY, WRITE DOWN WHY YOU'RE TAKING THIS BREAK.

Keep it simple and honest. You'll revisit this later.



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WEEK 1

PHYSICAL ADJUSTMENT

DAY 1: STAY BUSY

“the first days are the hardest days”

— Grateful Dead

Today may feel unfamiliar, especially during the times you usually use cannabis. Your brain expects the routine, and when it doesn't happen, you may feel restless, bored, or slightly on edge. This isn't a sign that something is wrong — it's simply your habits adjusting.

One of the most helpful strategies today is to stay intentionally occupied. Not overwhelmingly busy, but engaged enough that your mind isn't sitting in the space where the old habit usually lives.

Try planning your day in blocks:

- Go to class and stay afterward to review notes instead of heading straight home
- Study somewhere public, like Mitchell Memorial Library or the Union
- Take a walk across the Drill Field between classes
- Stop by the Sanderson Center for a short workout or just move your body

You don't have to do anything dramatic. The goal is simply to replace “automatic time” with “intentional time.”

When an urge comes up, notice it rather than fight it. Most urges rise and fall within a few minutes if you don't act on them.

Tell yourself: This will pass. Because it will.

At the end of today, reflect briefly:

When did I think about using the most? _____

What helped me move through it? _____

DAY 2: SLEEP MAY SHIFT

“now I lay me down to sleep...”

— a bedtime prayer (also Metallica)

Sleep often changes during the first few days of a T-Break. You might have trouble falling asleep, waking up more during the night, or experiencing vivid dreams. This happens because cannabis affects sleep cycles and REM dreaming, and your body is now recalibrating.

If tonight feels harder than usual, try not to interpret it as a failure or a bad sign. Adjustment takes time.

Helpful steps tonight:

- Start winding down earlier than usual
- Reduce phone or laptop use before bed
- Take a warm shower or stretch gently
- Try calm music, white noise, or a podcast

If you're lying awake, avoid stressing the clock. Resting quietly still helps your body recover. Most students find sleep improves noticeably within several days.

***Tomorrow doesn't depend on the perfect sleep tonight.
Just do what you can.***



DAY 3: APPETITE & ROUTINE

**“Nourish your body.
It’s the only place you have to live.”**

— Jim Rohn

You may notice your appetite feels different today. Some people feel less hungry without cannabis, while others feel no change at all. Either response is normal.

Even if you’re not especially hungry, try to keep regular meal timing. Your body adjusts faster when routines stay consistent.



Small steps help:

- Eat something light in the morning
- Drink water throughout the day
- Choose simple foods if large meals feel unappealing
- Eat with friends if possible

College schedules can already make eating inconsistent. The goal today isn’t “perfection,” just consistency.

If your appetite feels low, remind yourself that this is temporary. Your body is adjusting to a new baseline.

DAY 4: MOVE YOUR BODY

“Exercise is a celebration of what your body can do.”

— unknown

Physical movement is one of the most reliable ways to reduce cravings and stabilize mood during a T-Break. It doesn't have to be intense or time-consuming.

Movement helps because it:

- Releases stress-reducing chemicals
- Improves sleep later tonight
- Breaks up moments of restlessness
- Gives your brain a natural sense of reward

Today, try at least one of these:

- Walk across campus instead of driving or riding
- Spend 20 minutes at the Sanderson Center
- Stretch between classes
- Join a friend for a casual activity

Even short movement counts. The goal isn't athletic performance — it's helping your body feel balanced.

Notice how you feel afterward. Many students are surprised how much even small activity helps.



DAY 5: NOTICE YOUR ENERGY

“It always seems impossible until it’s done.”

— Nelson Mandela

By now, your body may be settling into the new routine. Some students notice they feel clearer or more alert. Others feel more tired than usual. Some feel restless or slightly unfocused.

There’s no correct response — only your own experience.

Take a moment today to check in:

- How is my concentration? _____

- How is my mood? _____

- When do I feel most tired or most alert? _____

Write down one observation, even if it seems minor.

***Awareness is powerful. The more you notice patterns,
the more control you have over them.***

DAY 6: STRUCTURE HELPS

“Where focus goes, energy flows.”

— Tony Robbins

Unstructured time can feel harder than busy days. When nothing is scheduled, it’s easier for old habits to fill the space.

Today, experiment with creating a simple structure:

- Set a wake-up time
- Plan when you’ll study
- Decide when you’ll eat
- Choose one activity for the evening

You don’t need a rigid schedule — just enough structure to guide your day.

Many Mississippi State students notice weekends or evenings are the hardest times during a T-Break. Planning even one intentional activity can prevent boredom from turning into temptation.

Think of structure as support, not restriction.



DAY 7: WEEK ONE REFLECTION

“Knowing yourself is the beginning of all wisdom.”

— Aristotle

You’ve completed your first week. That’s significant.

Take a few minutes today to reflect:

- What physical changes did I notice this week? _____

- When were my cravings strongest? _____

- What helped me the most? _____

- What surprised me? _____

There’s no need for long answers — just honest ones.

Week one is often the most physically uncomfortable, because your body is adjusting. If you made it here, you’ve already done one of the hardest parts.

Write down one strategy you’ll carry into next week. _____



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WEEK 2

EMOTIONAL & MENTAL WELLNESS

DAY 8: NOTICE YOUR STRESS

“the things you own, end up owning you”

— Fight Club

By the second week, the physical adjustment often starts to settle, but emotional patterns can become more noticeable. If cannabis has been part of how you unwind or cope with stress, you might feel stress more directly now.

Today, take a moment to identify one source of stress in your life right now. It could be academic pressure, social dynamics, finances, or simply feeling overwhelmed by everything on your plate.

Instead of trying to fix everything, take one small action:

- Email a professor about an assignment
- Outline the first step of a project
- Clean or organize your study space
- Make a simple to-do list for tomorrow

Small actions reduce anxiety because they move stress from vague to manageable. You don't need to solve everything — just start somewhere.



DAY 9: URGES COME IN WAVES

**“Ride the wave, even if it scares you.
That’s how you grow.”**

— Unknown

Cravings can still show up, even if they feel less intense than Week One. Today’s focus is understanding that urges are temporary.



When you notice the urge to use:

1. Pause and acknowledge it (“I’m feeling the urge right now.”)
2. Take a few slow breaths
3. Wait 10 minutes before deciding anything
4. Do something small during that time — drink water, check messages, step outside

Most urges fade when we give them space instead of reacting immediately.

Think of urges like passing weather. You don’t have to control them — just let them move through.

DAY 10: CONNECTION HELPS

**“Connection is important...
especially when ordering pizza together.”**

– Modern College Humor

Humans regulate emotions better in connection with others. Spending too much time alone can make stress or cravings feel louder.

Today, intentionally connect with someone:

- Study with classmates
- Sit with friends at lunch
- Call or text someone you trust
- Attend a campus event or meeting

You don't have to talk about the T-Break unless you want to. Simply being around supportive people helps your brain feel safer and more balanced.

***Mississippi State has a strong sense of community —
let yourself be part of it today.***



DAY 11: CHECK IN WITH YOUR EMOTIONS

“Check yo self before you wreck yo self”

— Ice Cube

Without cannabis smoothing things out, emotions may feel sharper or more noticeable. That can be uncomfortable, but it’s also useful information.

Pause today and ask yourself:

What am I feeling right now? _____

Try to be specific:

- Not just “stressed,” but “worried about exams”
- Not just “bad,” but “lonely,” “bored,” or “uncertain”

Naming emotions activates parts of the brain that help regulate them. It turns something overwhelming into something understandable.

You don’t need to fix the feeling — just notice it.

DAY 12: CHANGE YOUR ROUTINE

“I’m breaking the habit tonight.”

— Linkin Park

Habits are tied strongly to the environment and routine. Changing even small parts of your day can weaken old patterns.

Today, try one intentional change:

- Study in a new building or café
- Walk a different path across campus
- Try a different evening activity
- Rearrange your study setup

New experiences remind your brain that routines aren’t fixed — they’re flexible.

***Sometimes the smallest change
creates the biggest shift.***



DAY 13: TALK TO YOURSELF LIKE A FRIEND

“You got a friend in me.”

— Toy Story

If this process has felt difficult at any point, that doesn't mean you're doing it wrong. Changing habits is challenging for everyone.

Today, notice how you talk to yourself. If your inner voice sounds critical (“I should be better at this.”), try shifting it to something supportive:

- “This is new for me.”
- “I'm learning.”
- “It's okay that this feels hard.”



Self-compassion isn't about lowering expectations — it's about giving yourself the same patience you'd give a friend.

***Progress happens faster when
encouragement replaces judgment.***

DAY 14: WEEK TWO REFLECTION

**“Knowing others is wisdom;
knowing yourself is enlightenment.”**

— Lao Tzu

You’ve reached the end of week two. Take a few minutes to reflect:

- What emotions have come up during this break? _____

- When did I feel the strongest or most confident? _____

- What coping strategy helped the most? _____

- What have I learned about myself? _____

Write down one personal strength you’ve noticed during this process. It might be persistence, honesty, discipline, or self-awareness.

You’re building skills that extend far beyond this break.



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WEEK 3

REFLECTION & FUTURE BALANCE

DAY 15: RETURN TO YOUR WHY

“Why? I’m just trying to survive like Eleven.”

— Stranger Things

Look back at the reason you wrote on Day 0 for taking this break.

Does it feel the same now? _____

Has your understanding of it changed? _____

Sometimes we start with one motivation — saving money, focusing on school, improving sleep — and discovering deeper reasons along the way.

Today, rewrite your reason in one sentence. Let it reflect on what you understand now, not just what you thought at the beginning.

DAY 16: NOTICE YOUR FOCUS

“Do or do not, there is no try.”

— Yoda

Take stock of how your attention and productivity feel lately.

Ask yourself:

- Has my concentration in class changed? _____

- Do assignments feel easier, harder, or the same? _____

- Do I remember things differently? _____

- How is my motivation compared to a few weeks ago? _____

There's no required outcome here. The purpose is simply awareness. Understanding how your habits affect your academic experience helps you make informed choices moving forward.

DAY 17: FINANCIAL CHECK-IN

“Treat yo’ self.”

— Parks and Recreation

Cannabis use often has a financial impact that we don’t always track closely. Take a moment today to estimate:

How much money did I not spend during these three weeks?

\$_____ per week X 3 = \$_____

Now think about what that money could support:

- Groceries or meals out
- Savings
- Travel or experiences
- Textbooks or supplies
- Reducing financial stress

This isn’t about guilt — just perspective.



DAY 18: THINK ABOUT YOUR FUTURE

**“Your future hasn’t been written yet. No one’s has.
Your future is whatever you make it.”**

— Back to the Future Part III

Today is about the bigger picture.

Consider:

- Your academic goals
- Career plans
- Health priorities
- Relationships
- Independence and finances

Ask yourself honestly:

How does cannabis use fit into the life I want? _____

Maybe it fits comfortably. Maybe you want to adjust it. Maybe you’re unsure.

There’s no right answer — just your own.

DAY 19: CHOOSE INTENTIONALLY

**“Gonna keep on trying until
I reach my highest ground”**

— Stevie Wonder

The biggest difference after a T-Break isn't necessarily whether you use cannabis again. It's whether your choice is intentional instead of automatic.

Today, think about what intentional use — or non-use — might look like for you.

Examples:

- Only on certain days
- Not during stressful periods
- Not before academic responsibilities
- Setting a personal budget or limits

Clarity now prevents regret later.



DAY 20: CREATE YOUR PERSONAL PLAN

“I love it when a plan comes together.”

— The A-Team

If you plan to return to cannabis use, write down your guidelines now while your perspective is fresh.

Consider:

- When will I use? _____

When will I avoid it? _____

- How will I notice if it starts interfering with my goals? _____

- Who could I check in with if I need support? _____

If you plan not to use, think about what will help you maintain that decision.

Plans don't have to be perfect — just thoughtful.

DAY 21: COMPLETION

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing.”

— Pelé

You’ve reached Day 21!

Take a moment to acknowledge what this required:

- Awareness
- Effort
- Patience
- Honesty

Regardless of how easy or challenging it felt, you’ve learned something valuable about your habits, your coping skills, and your ability to make intentional choices.

That knowledge stays with you.

Consider writing one final reflection:

What did this T-Break teach me about myself? _____

BEYOND 21: TIPS & RESOURCES

IF YOUR BREAK IS NOW DONE

Remember, T-breaks work:

- Start low and go slow: cut back by half or more
- Know that you have the skills and knowledge to successfully take a tolerance break
- Plan to take breaks periodically

IF YOU ARE KEEPING IT GOING

Here are a few ideas and resources:

- If you like the routine of daily practice, you might want to start this over or open to random pages.
- If you are considering stopping cannabis completely check out Marijuana Anonymous at marijuana-anonymous.org or contact MSU's Bulldogs in Recovery.

MSU SUPPORT RESOURCES

Bulldogs in Recovery

662.325.2090 | recovery.msstate.edu

Student Counseling Services

662.325.2091 | counseling.msstate.edu

Office for Student Well-Being

662.325.2090 | studentwellbeing.msstate.edu

Longest Student Health Center

662.325.2431 | healthcenter.msstate.edu

Center for Academic Excellence

662.325.2957 | cae.msstate.edu

WELL-BEING ISN'T ONE THING — IT'S EVERYTHING!

8 DIMENSIONS OF WELLNESS



EMOTIONAL
PHYSICAL
OCCUPATIONAL
INTELLECTUAL

SPIRITUAL
FINANCIAL
ENVIRONMENTAL
SOCIAL

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**YOU DON'T HAVE TO
NAVIGATE CHANGE ALONE.**

Don't be afraid to reach out to trusted friends, mentors, faculty, or family. If you would like to schedule an appointment to discuss your cannabis use, you can contact:

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662.352.2090 | wellbeing@msstate.edu