



# Uncle Chuck's Conversations on Cannabis

---

## **PTSD: LIVING IN PHASES....**

Hello again my cannabis loving compadres. I am back to share my love for cannabis and my desire to always expand the conversation.

I would like to start off by stating that I am not a Doctor and none of my ramblings should ever be taken as medical advice.

With that said, I am also not a robot. If those around me hurt, I hurt. The idea of another human being on this flying space rock suffering, is not ok with me. Especially those within my reach and within my ability to help. I realize I can't help everyone learn about cannabis and its many benefits but as a longtime consumer of the leaf, I want to spread the good word with as many as I can. And that takes facing my own anxieties in order to help others with theirs.

I sometimes fall short on finding the best way to convey my empathy, due to my own anxieties. Speaking to large crowds was my typical trigger point. I knew what to say. I knew why I was saying it. And any question thrown at me already had a response.....or so I thought.

When it came time to put thoughts to actual words, memorized speeches became gibberish. Eye contact became avoidance. My symphony of knowledge became a polka garage band. With cowbell.

---

---

Anxiety is a cruel thing. It sometimes shows up in the most unlikely places and times. You prepare yourself mentally for an event that you know will trigger your anxiety, and the heightened sense of dread never arrives. Other times you take part in a normally non-trigger event only to end up smack in the middle of a fight or flight, tunnel vision, sweaty palms nightmare.

I personally treat my anxiety with cannabis and crossed fingers. I discovered years ago that my apprehension to speaking to groups was non-existence when I consumed cannabis. It was liberating. Only problem was cannabis was illegal. For thirty-five years my anxiety about public speaking was in check, my anxiety of going to prison however was not.

Now that the tide is turning and the country is seeing what the rest of already knew, it's time to reach out to you fellow man and let them know how cannabis has changed your life. Your testimony may just save a life of someone who is struggling with their own anxieties. An empathetic heart can warm a cold soul faster than you may think.

A lack of empathy however, sometimes equals people dying. People giving up on life because no one is reaching out. They are giving up because they are tired of being tired. Of feeling alone and in disarray. They sometimes don't even know why they feel out of order.

Well one of the reasons could be because of a past traumatic event. Post Traumatic Stress Disorder (PTSD) is real and the leading cause of suicides.

With PTSD, you experience higher stress and anxiety levels during a triggered event that ties to a past traumatic event or events. Fight or flight starts to dictate your movement or lack thereof. Reaching out for help at that moment is not always achievable. You're just trying to get through the moment.

Combat veterans, first responders, victims of assault and those who experience the death of someone close to them, are all potential candidates for developing PTSD.

Almost three times as many women suffer from PTSD as do men. The majority due to sexual assault. Many go unreported out of a misguided sense of shame.

---

The trigger that sets off the specific PTSD episode could be a variety of things and usually tied to the traumatic event itself. For a survivor of a horrific train crash, the trigger may be hearing a certain familiar train sound while waiting at a Railroad crossing.

There is promising news coming out regarding the use of cannabis to combat PTSD. The combination of cannabinoids in your body (endocannabinoid) and in the cannabis plant (phytocannabinoid) and their interaction with certain receptors connected to various systems in your body, can help alleviate range of PTSD ailments.

But good medicine only works if you take it. And while cannabis as medicine has always been part of my life and the life of a lot of my friends, the truth is cannabis as medicine is a new concept for some. We should welcome them into the fold with open arms. Sharing our experiences and challenges. Letting them know they are no longer alone. Part of that begins with empathy and an understanding of why they are seeking cannabis in the first place. Anxiety is a terrible thing and a familiar voice at the right moment can literally save a life. Be that voice.

My cannabis advocacy has evolved from the days I was just trying to get it legal. That battle is winning in the courts nationwide, for the most part. Not in the minds of some politicians and their lobbyist of course, but that's another article for another edition.

I now focus my advocacy on cannabis education and PTSD Suicide Awareness.

Reducing or eliminating PTSD related suicides is achievable. But it takes people speaking up and sharing their stories about how cannabis is helping them. It takes people reaching out to those they think might benefit from a less anxiety filled life. It takes empathy and conversations. And that is afterall, what Uncle Chuck is all about. Conversations on Cannabis.

In a cruel irony, those who can benefit the most from cannabis are hesitant to reach out due to their PTSD anxiety. That is why it is so very important for you to reach out to them. If you suspect someone in your circle could be battling with PTSD, ask. If someone outside your circle, ask. You could literally save a life. If you are a current cannabis-user, share your experience and knowledge with them. Together we can eliminate PTSD related suicides, naturally.

---

I, with the help of many great people, formed The Calming Winds Foundation ([www.calmingwinds.org](http://www.calmingwinds.org)) in an effort to eliminate PTSD related suicides. Through financial assistance and education, The Calming Winds assists those with PTSD challenges learn about cannabis and how it may help them with their own ailments, be it anxiety, depression or one of the other effects of PTSD.

Podcasts are a fantastic way to be part of the conversation with a focused group of like minded individuals. They play like a radio show and can be subscribed to so you always get access to the newest episode.

Uncle Chuck's very own Podcast can be found at the following link  
<https://www.messy.fm/api/show/3613/rss>.

## **Bio**

Charles "Uncle Chuck" Duncan

A middle aged cannabis advocate living in central Oklahoma.

charlesduncan68@gmail.com

Cannabis Advocate, Educator, and Consultant

*A friend of the leaf for over 35 years*