



Health

The Best Cannabis Strains For Stress, As Chosen By Lift & Co. Users

If stress is weighing down your wellbeing, here are the top five cannabis strains to help ease symptoms as chosen by the Lift & Co. community.

By **Lauren Wilson** • Nov 19, 2018



Stress affects nearly everyone, and can lead to poor mental health, lower productivity, and higher rates of illness and injury.

The good news is that the right dose of **THC** or **CBD** has shown evidence of having stress-relieving benefits.

Here are the top five strains for stress relief, as reported by the Lift & Co. community.

Healing Fields 5 (Moresby) by Broken Coast

Sativa-dominant Hybrid, THC: 17% CBD: 0.03%, \$10.82/gram

Terpenes: Beta-pinene, beta-caryophyllene, alpha-pinene, terpineol, limonene, myrcene

This 90% sativa hybrid is a cross between Killian and Jack Herer, according to producer **Broken Coast**, making it great for daytime use.

"Moresby lived up to all the expectations of a sativa. It is prefect for the morning time, brings you up with a super clear head, no feelings of laziness associated with this plant only up-full and energizing," says Lift & Co. user **bushdoctor13**.

While sativas are known to be quite stimulating (which might not be the right fit for all stress sufferers), Lift & Co. users enjoy this strain for its uplifting effects: "the uplifting feeling always kept my head in a happy, stress-free state," said user **rstratton**.

Tamaracouta by Aphria

Indica-dominant Hybrid, THC: 16% CBD: 0.1%, \$7.20/gram

Terpenes: Will vary

Lift & Co. members enjoy this strain by **Aphria** for its ability to simultaneously offer both relaxing and mentally invigorating effects, and many enjoy it for both day and nighttime use.

"The energy it provides lets you keep your head clear and keep on point without sacrificing pain and stress management," says **bigrig**. "If you suffer from anxiety, depression, or PTSD then this strain is surely for you," adds **dUbs**.

Texada (Super Lemon Haze) by Broken Coast

Sativa-dominant Hybrid, THC: 13.8% CBD: 0.04%, \$10.04/gram

Terpenes: Beta-caryophyllene, beta-pinene, myrcene, alpha-pinene, terpineol, limonene

This 80% sativa hybrid is beloved for its energizing properties, making it great for daytime use. Many members report that Texada lifts mood and stimulates the mind, making it easier to get through the day.

"This really helped with mega anxiety and depression. Good uplifting and euphoric qualities while still remaining lucid and able to do simple tasks," says Lift & Co. user **danielle150**.

Lift & Co. user **meganb** adds, "I love this strain because it helps me calm down, relax and actually be able to enjoy myself. I often spend so much time being anxious that I feel like I've wasted my entire day being angry with myself, making myself more frustrated. Smoking this lets me just chill out and enjoy all the small fun things I do."

Equiposa by MedReleaf

Sativa-dominant Hybrid, THC: 7-11% CBD: 7-11%, \$10/gram

Terpenes: Myrcene, alpha-pinene, beta-pinene, limonene

This balanced THC:CBD strain by **MedReleaf** offers up the potent anxiolytic (anti-anxiety) properties CBD is loved for, while curbing the impairment you might get from a higher THC product.

Says Lift & Co. user **anothercooldude**, "I really enjoy this strain to treat my back pain and stress. The lower THC helps lower my stress and the CBD helps with my back pain. I feel relaxed and happy with this strain during the day."

"I really enjoy using this strain when I'm stressed and sore. The THC/CBD ratio really helps relax my mind and body. I feel less stressed and less body aches and muscle pain," adds **darkbrowncouch**. The strain doesn't leave you feeling sluggish or burned out. It's an energizing daytime sativa that really helps relax the body while keeping the mind active."

Henik (Alien Dawg) by Aphria

Indica-dominant Hybrid, THC: 27% CBD: 0.1%, \$8.50/gram

Terpenes: Limonene, beta-caryophyllene, myrcene

This strain harnesses the anti-anxiety power of terpene limonene to help keep stress at bay. "Main terp is limonene, which is why I find it effective for anxiety, even in the morning without any lingering effects," says Lift & Co. member **manteuffel**.

Adds **bolero123**, "a very effective indica strain from Aphria with great dank earthy flavour. With headache and stressful anxiety before consumption, I felt elated and euphoric while smoking. For a few hours after, my mood was relaxed, I felt much less stress and headache minimized."