MARIJUANA

Natural, but not harmless.

- Marijuana use contributes to health problems
- It is four times stronger than in the 1980s
- Risky no matter method of use, including smoking, vaporizing, and edibles (food containing marijuana)
- Heavy use in young adults can cause lasting damage to the brain and decrease intelligence
- Marijuana can directly worsen symptoms of anxiety, depression, and schizophrenia

Marijuana can be addictive.

- Marijuana use can lead to addiction, just like with other drugs
- 4.5 million people in the U.S. are addicted
- Chances of addiction are increased:
- 17% of adolescents who use will become addicted
- 25-50% of people who use everyday will become addicted
- Withdrawal symptoms include cravings, trouble sleeping, anxiety, appetite loss

Marijuana use impairs driving.

- Doubles a driver's risk of an accident
- Use with alcohol increases risk

Tips for Cutting Back

Think about changing.

- Why do you use? What do you like about it?
- Why do you want to cut down or stop?

Plan for the change you want.

- Set a goal and date for changing your use. Make it realistic.
- Share your plan with people you trust and ask for support.

Act on your decision.

- *Distract and do something.* Make a list of fun activities unrelated to your use and keep busy.
- *Delay.* Stop and think before using. Wait 15 minutes to ride the craving, and the wave of desire may pass.
- Plan ahead. Avoid high-risk situations and people who use.

Have a back-up plan.

- If you haven't achieved your goal yet, that's okay.
- Consider the situation in which you used and see what could be changed next time.
- Review your plan and see if it needs revising.

Legal does not mean safer.

- Marijuana is not FDA-approved
- There may be some chemicals in marijuana that help a range of illnesses or symptoms
- Lack of clinical evidence supporting benefits
- Benefits do not outweigh health risks

Marijuana and pregnancy.

- Marijuana use during pregnancy affects child development
- Health risks for the child include low birth weight; premature birth; problems with attention, memory, and problem solving; and reduced IQ

Using marijuana with other substances.

- Mixing marijuana and alcohol increases risk for nausea and reactions of panic, anxiety, or paranoia
- Mixing tobacco and marijuana increases risk of developing respiratory diseases and/or cancer

Helpful Links:

http://easyread.drugabuse.gov/marijuana-effects.php http://www.drugfree.org/drug-guide/marijuana

Relaxation Alternatives:

Everyday Tai Chi:

http://www.everyday-taichi.com/index.html

3-Minute Breathing Space: http://umurl.us/GUi

Breathing and Relaxation Exercise:

http://umurl.us/AMF

Body Scan Meditation: http://umurl.us/B0dyScan

Sources: BNI-ART Institute; National Institute on Drug Abuse, http://www.drugabuse.gov/publications/infofacts/marijuana; National Alliance on Mental Illness, http://www.nami.org/Content/NavigationMenu/Hearts_and_Minds/Smoking_Cessation/Marijuana_and_Mental_Illness.htm; University of Washington Alcohol & Drug Abuse Institute, http://learnaboutmarijuanawa.org/factsheets/tobacco.htm; Mixing Cannabis and Alcohol, http://ncpic.org.au/ncpic/publications/factsheets/article/mixing-cannabis-and-alcohol; A Guide to Cutting Down and Stopping Cannabis Use, http://www.knowcannabis.org.uk/images/KClargeguide.pdf

MARIJUANA

Effects on the Body





