



If you're in the process of cutting back or quitting marijuana, you might notice some **withdrawal symptoms** kicking in. These typically start **within a day or two after your last use** and can hang around for about **1 to 2 weeks**.

MARIJUANA USE: WHAT YOU NEED TO KNOW

Marijuana affects individuals differently depending on factors like **dosage, frequency of use, and personal health**.

While some people use marijuana **recreationally** or **medicinally**, it's important to be aware of both the **short-term** and **long-term** effects it can have on your body and mind.



Common Effects of Marijuana Use

SHORT-TERM EFFECTS

These are the things you'll feel not long after you use marijuana, and they usually last a few hours:



FEELING "HIGH"

THC (the main compound in weed) gives you that high feeling. You might feel *relaxed, happy, or even giggly* for no real reason.

DRY MOUTH AND EYES

You might get "*cottonmouth*" (dry mouth) or find your eyes *looking a bit red and feeling dry*. It's nothing serious but can be annoying.

TIME FEELS "OFF"

Your **perception of time** might get a little weird. Things can seem *slower or faster*, and everyday experiences might feel more *intense*.

OFF-BALANCE

Weed can mess with your coordination, so things like walking straight or handling objects might feel trickier than usual.



TOO CHILL TO FUNCTION

For some, weed can bring on a *sense of calm or relaxation*. Depending on the amount, you might feel *drowsy* or ready to crash earlier than usual.

FORGETTING STUFF

It's not uncommon to lose track of what you were just saying or thinking about. *Short-term memory takes a hit*, making it harder to focus.

THE MUNCHIES

Ever raid the fridge after smoking? That's normal. Weed can make you *hungry*, even if you weren't before.

ANXIETY OR PARANOIA

Not everyone feels calm. Sometimes, especially with higher doses, weed can make you feel *on edge* or even *paranoid*.





LONG-TERM EFFECTS

Using marijuana regularly over a long period can have more lasting effects on your body and mind. Here's what to watch out for:

MEMORY & FOCUS PROBLEMS

Long-term use can make it harder to concentrate or remember things. This is especially true for **younger users**, whose brains are still developing.

LUNG PROBLEMS

If you're smoking weed, it can *mess with your lungs*, leading to **coughs** or **respiratory infections**, similar to smoking tobacco.

LESS MOTIVATION

Regular weed use can make you feel **less driven or motivated** to get things done. Over time, it can sap your energy and drive.

MENTAL HEALTH EFFECTS

Some people who use marijuana regularly may experience **anxiety**, **depression**, or even **psychotic symptoms**, especially if they have a *family history of mental health issues*.

TOLERANCE & DEPENDENCE

The more you use, the more you might need to get the same effect. *You might also find it harder to quit* without feeling **irritable** or **restless**.

HEART HEALTH

Weed *increases your heart rate* for a bit after you use it. If you've got heart issues, this might be something to watch out for.



How Long Does Marijuana Withdrawal Last?

DAYS 1-3

You may start feeling irritable, anxious, and have trouble sleeping.

DAYS 4-7

This is when symptoms tend to peak. You might experience stronger cravings, more anxiety, and difficulty sleeping.

DAYS 7-14

Most symptoms begin to fade, but cravings and sleep issues might still linger.

AFTER 2 WEEKS

For many, symptoms like irritability and cravings decrease. However, some symptoms, such as anxiety and sleep disturbances, can persist for weeks or even months, depending on individual factors.



Factors that can affect the length and intensity of withdrawal include:

- **How often** and **how much** marijuana you used
- Your **overall health**, including your mental health and lifestyle
- The **type of marijuana** you used (higher THC levels can make withdrawal more intense)

DID YOU KNOW?



Supplements for Easing Weed Withdrawal

OMEGA-3 FATTY ACIDS

Dosage: 1,000–3,000 mg per day of EPA and DHA combined.

Benefits: Omega-3s help *support brain function* and may *reduce anxiety, mood swings, and irritability*.

L-THEANINE

Dosage: 100–200 mg, up to three times per day.

Benefits: L-Theanine *promotes relaxation without drowsiness* and can *ease anxiety and stress* during withdrawal.

PASSIONFLOWER

Dosage: 400 mg per day or 30–60 drops of liquid extract.

Benefits: Passionflower may help *reduce symptoms of anxiety and improve sleep*.

B-VITAMINS (B-COMPLEX)

Dosage: 50–100 mg of B-Complex once daily.

Benefits: B-vitamins *support energy levels, brain function, and mood*, which can be impacted during withdrawal.

5-HTP

Dosage: 50–100 mg, up to three times daily.

Benefits: 5-HTP helps *increase serotonin levels* in the brain, which may help with mood regulation and reduce feelings of irritability and depression.

MAGNESIUM

Dosage: 200–400 mg per day.

Benefits: Magnesium is known for its *calming effects* and may help with sleep issues and muscle tension that can occur during withdrawal.

VALERIAN ROOT

Dosage: 300–600 mg before bedtime.

Benefits: This herb is commonly used for its *calming effects and may improve sleep quality*, which is often disrupted during marijuana withdrawal.

ASHWAGANDHA

Dosage: 300–500 mg, up to twice daily.

Benefits: Ashwagandha is an *adaptogen* that can help *balance stress and reduce anxiety*, potentially easing mood swings during withdrawal.

MELATONIN

Dosage: 1–5 mg, 30 minutes before bedtime.

Benefits: Melatonin may help *regulate sleep patterns*, which are often disrupted during marijuana withdrawal.

GABA

Dosage: 500–750 mg per day.

Benefits: GABA is a **neurotransmitter** that can help *reduce anxiety and promote relaxation*, making it useful for managing stress during withdrawal.

CBD (CANNABIDIOL)

Dosage: 25–50 mg twice daily, but some people may benefit from higher doses, depending on the severity of their symptoms.

Benefits: *CBD is like the chill cousin of THC*. It helps with anxiety, mood swings, and sleep without getting you high. Plus, it supports your **endocannabinoid system**, which might be out of whack while you're detoxing from weed.



SUPER FUN FACT!

The "**high**" from marijuana comes from **THC**, which triggers your brain's feel-good chemical, **dopamine**.

Over time, this can lead to dependence and addiction as your brain starts to rely on THC to feel good!





Tips to Manage Marijuana Withdrawal Symptoms and Cravings



GRADUAL REDUCTION

Instead of quitting cold turkey, consider **gradually decreasing** your marijuana use. This can help reduce the intensity of withdrawal symptoms.

STAY HYDRATED

Dehydration can make symptoms like headaches and fatigue worse, so *drink plenty of water* throughout the day.



EXERCISE

Physical activity can help reduce stress, anxiety, and irritability. Even a short walk or stretching routine can improve your mood and help with sleep.

MINDFULNESS AND RELAXATION

Breathing exercises, meditation, or yoga can help manage anxiety and restlessness. Apps like **Headspace** or **Calm** are useful for beginners.



GET SUPPORT

Talking to friends, family, or a counselor about what you're going through can make a big difference. Joining a **support group** or **online community** can also help you stay motivated.

BALANCED DIET

Withdrawal can mess with your appetite, so *try eating small, nutritious meals throughout the day*. Foods rich in **omega-3s** (like salmon or chia seeds) can support brain health and mood stabilization.



IDENTIFY TRIGGERS

Keep track of *what triggers your cravings* (like **certain people** or **situations**). Avoid these triggers or have *coping strategies* ready in advance.

STAY BUSY

Fill your day with activities to distract yourself from cravings. Physical activities like walking or biking, learning a new skill, or socializing with supportive friends can help.



TALK TO A THERAPIST

Cognitive-behavioral therapy (CBT) is effective in managing addiction cravings and helping you develop healthier coping mechanisms.

HEALTHY DISTRACTIONS

Quick distractions like reading, listening to music, playing video games, or solving puzzles can shift your focus away from cravings.

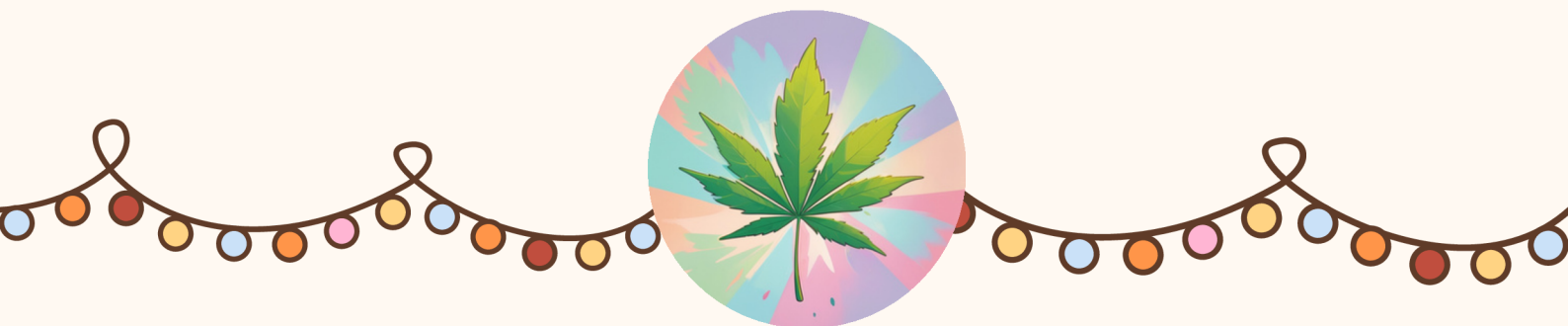


CHEW GUM OR GRAB A HEALTHY SNACK

If cravings are tied to the habit of smoking, *chewing gum* or *snacking on healthy options* like nuts, fruit, or seeds can provide a hand-to-mouth action without using marijuana.

SET SHORT-TERM GOALS

Focus on getting through one day at a time. *Celebrate small victories*, like resisting a craving or making it through the afternoon without using.



IT'S YOUR CHOICE, BUT KNOW THE RISKS

We're not here to judge anyone's lifestyle choices, but we do want to help you understand how marijuana can affect your body and mind. If you're noticing changes in your health, mood, or memory, it might be worth thinking about how marijuana fits into your routine.

Visit our **website** to learn more.