How will I know I need to quit or cut back on my marijuana use?

- You miss work or are late to work.
- Friends complain that you won’t go out anymore.
- You’ve stopped doing things you liked to do in the past.
- You can’t remember things.
- You feel sad or angry when you’re not high.
- You are constantly waiting to get high.
- You drive high.
- You’re having arguments with family or friends.
- You spend a lot of your money on marijuana.
- You smoke before important events.

What to expect when cutting back or quitting

- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you are having any medical concerns.
- Your doctor or Behavioral Health Clinician can help.

Something to try

List goals, change plan, or treatment information here:

1. __________________________________________
   __________________________________________
2. __________________________________________
   __________________________________________
3. __________________________________________
   __________________________________________

HELPFUL TIPS

- Set a goal to quit or cut back.
- Quitting cold-turkey is the most effective. If this isn’t for you, try to establish a tapering plan.
- Portion out your pot ahead of time.
- Make your decision clear to your family and friends.
- Find distractions.
- Stick with it!
- Plan a small celebration a month from your quit date.
Marijuana

The active ingredient in marijuana is delta-9-tetrahydrocannabinol, also known as THC.

THC changes the way your brain works. You may not notice the changes, but marijuana may be affecting everyday things.

What’s my level of risk?

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>You are at low risk of health and other problems from your current pattern of use.</td>
</tr>
<tr>
<td>Moderate</td>
<td>You are at risk of health and other problems from your current pattern of use.</td>
</tr>
<tr>
<td>High</td>
<td>You are at high risk of developing severe problems as a result of your current pattern of use and are likely to be dependent.</td>
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</tbody>
</table>

**Brain**
- Decreased memory and concentration
- Lowered judgment and processing skills
- Learning skills impaired
- Memory problems

**Lungs**
- Increased risk for breathing problems
- Chronic bronchitis
- Lung cancer

**Emotions and Mental Health**
- Increased anxiety/panic/paranoia
- Worsened depression
- Lowered pleasure
- Increased risk for mental health problems
- Relationship problems

**Alertness**
- Excessive drowsiness
- Impaired coordination
- Slower reaction time

**Stomach**
- Possible weight gain due to increased appetite or the “munchies”

**Diabetic concerns**
- If binge eating after use, blood sugar can be affected

**Immune system**
- Worsened allergy symptoms (breathing related)
- Slow recovery time

**Heart**
- Increased heart rate

**Fertility**
- Decreased fertility in both men and women
- Interferes with sex drive and hormone production

**Did you know…**

Smoking 5 cannabis joints is like inhaling the same amount of toxic chemicals as a whole pack of cigarettes. It’s true; marijuana smoke contains four times more tar and carbon monoxide than cigarette smoke.

Marijuana can impair driving. Driving while under the influence of marijuana is just as dangerous as driving after drinking alcohol.