

Cannabis Reduction & Cessation

1 Month Journal

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SELF-ASSESSMENT

UC SANTA BARBARA

Alcohol & Drug Program

Student Health

Cannabis Self-Assessment

The Cannabis Use Disorder Identification Test – Revised (CUDIT-R)

Have you used any cannabis over the past six months? **YES / NO**

If **YES**, please answer the following questions about your cannabis use. Circle the response that is most correct for you in relation to your cannabis use over the past six months:

| | | | | | | |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------------------------------|------------------------|------------------------------------|-----------------------------|
| 1. | How often do you use cannabis? | Never 0 | Monthly or less 1 | 2-4 times a month 2 | 2-3 times a week 3 | 4 or more times a week 4 |
| 2. | How many hours were you “stoned” on a typical day when you had been using cannabis? | Less than 1 0 | 1 or 2 1 | 3 or 4 2 | 5 or 6 3 | 7 or more 4 |
| 3. | How often during the past 6 months did you find that you were not able to stop using cannabis once you had started? | Never 0 | Less than monthly 1 | Monthly 2 | Weekly 3 | Daily or almost daily 4 |
| 4. | How often during the past 6 months did you fail to do what was normally expected from you because of using cannabis? | Never 0 | Less than monthly 1 | Monthly 2 | Weekly 3 | Daily or almost daily 4 |
| 5. | How often in the past 6 months have you devoted a great deal of your time to getting, using, or recovering from cannabis? | Never 0 | Less than monthly 1 | Monthly 2 | Weekly 3 | Daily or almost daily 4 |
| 6. | How often in the past 6 months have you had a problem with your memory or concentration after using cannabis? | Never 0 | Less than monthly 1 | Monthly 2 | Weekly 3 | Daily or almost daily 4 |
| 7. | How often do you use cannabis in situations that could be physically hazardous, such as driving, operating machinery, or caring for children: | Never 0 | Less than monthly 1 | Monthly 2 | Weekly 3 | Daily or almost daily 4 |
| 8. | Have you ever thought about cutting down, or stopping, your use of cannabis? | Never 0 | Yes, but not in the past 6 months 2 | | Yes, during the past 6 months 4 | |

Scores of 8 or more indicate hazardous cannabis use.

Scores of 12 or more indicate a possible cannabis use disorder, for which further intervention may be required.

If you have concerns or questions, please contact the UCSB Alcohol and Drug Program for a *free and confidential* appointment with one of our counselors. Additional resources about cannabis can be found on the Alcohol & Drug Program website. .

UCSB Alcohol and Drug Program
 Phone: (805) 893-5013
 Email: alcohol@sa.ucsb.edu
 Website: <http://alcohol.sa.ucsb.edu>

INTRODUCTION



Congratulations on taking the first step in making a change to your cannabis use!

You may be recognizing the problematic effects of your cannabis use. It may have become such a habit and part of your lifestyle that your tolerance likely increased to the point you only feel the effect when you use it more frequently or in higher concentrations. Needing it to feel “normal” is one of the reasons it’s difficult to stop without guidance and support. Taking a break for 4 weeks will likely clear the THC from your system, and set you up with healthier coping skills and new routines.

It’s important to acknowledge the reasons you use cannabis and be proactive with the obstacles you’ll face when you abstain.

Let’s acknowledge these three areas you’ll probably be going through: 1) physical effects, 2) mood instability, 3) social shifts

Making these changes won’t be easy, but if you put in the work, it will pay off!

Who in your life is supportive of your taking a break?

1.

2.

3.

Notes: The last time you took a break, what helped?
What didn’t work?

PREPARATION:

A break from cannabis will take intention and you’ll need to make changes to your lifestyle. You’re making a commitment and it will take work! And it will be worth it. Make a list of reasons you want to take a break or quit:

1.

2.

3.

PICK A DATE:

Pick a date to start your break. For example, the first day of spring break. Don’t ramp up your use leading up to this date.

YOUR PERSONAL TRIGGERS LIST

Common triggers include:

- Being around cannabis or paraphernalia,
- Images, seeing people use, certain people, places, times of the day, and situations associated with using.
- Particular emotions (frustration, fatigue, boredom, stress) or even positive emotions (feelings of accomplishment, excitement, or elation).
- Drinking



MAKE A LIST OF THE PEOPLE, PLACES, AND THINGS THAT TRIGGER YOU, AND WHAT YOU CAN DO TO DEAL WITH THEM.

| | TRIGGERS | COPING METHOD OR ALTERNATIVE |
|-----|----------|------------------------------|
| 1 | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |

TAKE ACTION

PEOPLE:

Tell anyone you usually use with that you're taking a break and to please not offer it to you. There may be varying responses to this, such as:

1. "No, you're not!" or "You tried that before and it didn't work".
2. "You don't have a problem; why are you doing this?"
3. "Good luck, it's not easy to do".
4. "Good idea, let me know when you're back at it though."
5. "Great idea, I should do that too"
6. "I'll join you".

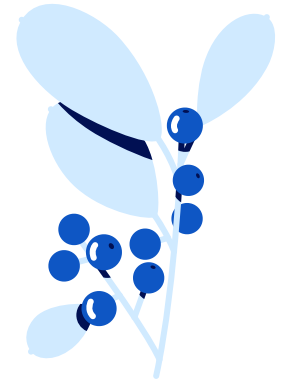
Spend time with people who don't use and avoid those who do, particularly this first week. If it comes up with your friends who don't normally use, let them know you're not using cannabis right now.

What will you say if someone hits you up to use with them?

1.

2.

3.



PLACES:

Avoid settings where you use cannabis—notorious spots like a neighbor's balcony, that tree at the lagoon, etc.

THINGS

Get rid of your stuff. Give it away, throw it away, whatever it takes! You don't need reminders around, even Tiktok, that may glorify use.

Notes

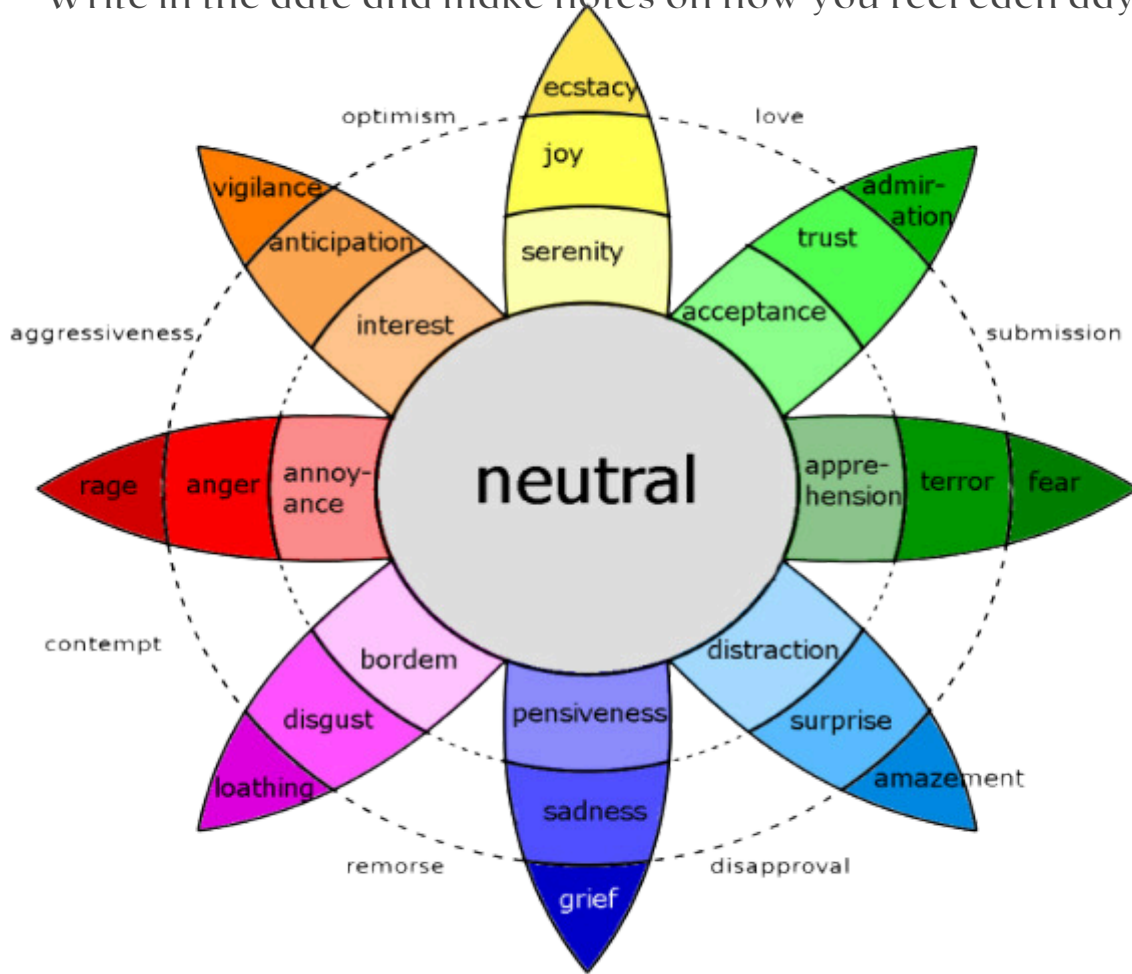
STRUCTURE AND STAYING BUSY

You can use this section to draft out a routine:

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------|------------|------------|------------|------------|------------|------------|------------|
| 6:00 | | | | | | | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | | | | | | | |
| 10:00 | | | | | | | |
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| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |

CALENDAR

Write in the date and make notes on how you feel each day



| DAY | NOTES | INTENSITY SCALE 1-10 |
|-----|-------|----------------------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |

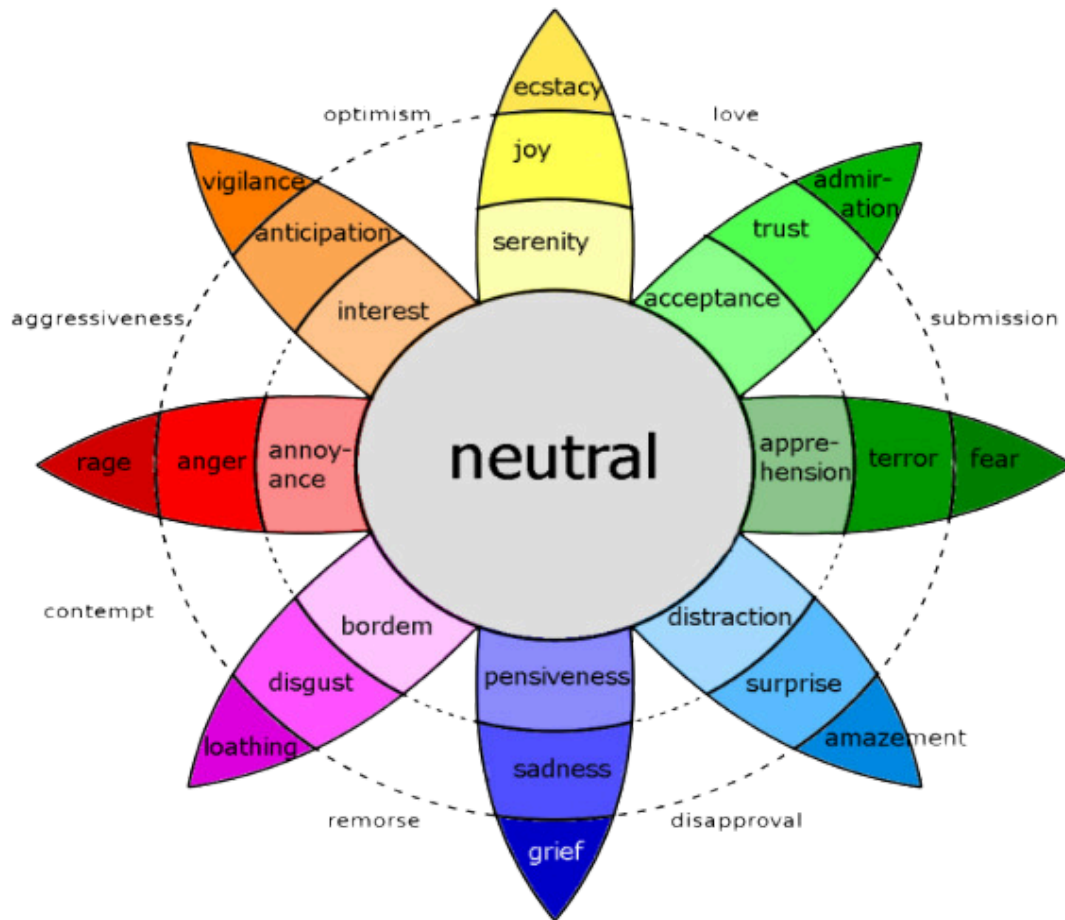
CALENDAR

Write in the date and make notes on how you feel each day

| DAY | NOTES | INTENSITY SCALE 1-10 |
|-----|-------|----------------------|
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| 15. | | |
| 16 | | |
| 17 | | |
| 18 | | |
| 19 | | |
| 20 | | |
| 21. | | |
| 22. | | |
| 23. | | |

CALENDAR

Write in the date and make notes on how you feel each day



| DAY | NOTES | INTENSITY SCALE 1-10 |
|-----|-------|----------------------|
| 24. | | |
| 25. | | |
| 26. | | |
| 27. | | |
| 28. | | |
| 29. | | |
| 30. | | |
| 31. | | |

DAY 1

The times of day when you normally use cannabis will be the toughest- if it's part of a routine, especially. Plan ahead how to deal with these moments.

Ideas:

- Walk to the beach
- Have a healthy snack or meal
- Watch a video
- Go to the gym
- Touch base with a family member- call or video chat
- Meet up with a (non-using) friend
- Enjoy a hot tub (Rec Cen has one)

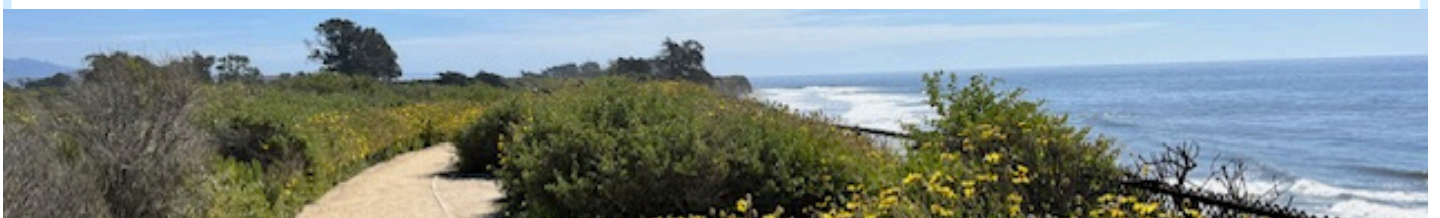
COMMON HIGH RISK SITUATIONS

Below are some common high-risk situations that people who use cannabis confront, along with suggestions for how to cope differently.

Stress

The little annoyances of the day may feel big. Remember you are likely triggered by not having the dopamine release from THC. Find coping methods that work for you. Self-care, relaxation and distraction are helpful.

- Acknowledge and accept feelings- (common: irritability, frustration, anger)
- Journal
- Take a walk around the block or to the beach
- Deep breathing or meditation
- Mantra: "This phase will pass"
- Talk to a friend
- Go to the gym/ exercise/ yoga
- Play with a pet
- Problem solve
- Urge Surfing (handout)
- Mindful meditation (handout)
- Counseling/Therapy
- Organize



DAY 1



To Cope with Stress or Anxiety: Deep breathing

Try this grounding exercise: (set a timer for 5-10 minutes)
Start by sitting in a chair with your feet planted on the ground and a tall posture (lengthened spine, shoulders back, head up) with your arms at your sides and your hands in your lap. You may close your eyes or focus on a point in front of you. Breathe slowly in and out through the nose, feeling your body's lightness as you inhale and let your body relax down to the chair and ground as you exhale. Notice the connection of your body to the ground and chair.

If your mind wanders, acknowledge this and bring it back to focusing on the breath and your body grounding.

Stay with this focus until you hear the timer.

ADDITIONAL RESOURCES

Mindfulness Meditation
Resources:



Full Guided Meditation



10 Minute Calm Meditation



DAY 1



Anger, Frustration, and Interpersonal Conflict

- Take a walk, skate or bike ride to cool off
- Box breathing (inhale four counts, hold 4 counts, exhale 4 counts, hold 4 counts, repeat)
- Yoga session
- Journal or vent to someone
- Communicate your needs respectfully
- Be direct; don't stuff feeling

Fatigue and Low Energy: Self-Care

- Progressive Muscle Relaxation (see appendix)
- Stretch your body
- Take a walk
- Do something enjoyable: art, a game, etc.
- Eat a nutritious meal
- Take a nap or get a good night's sleep

Depression

- CBT: Thought Record
- Consider medication-consult with healthcare practitioner

Headaches, Nausea

- Very common withdrawal symptom; this can last up to 2 weeks.
- Consider medication-consult NP, MD, Psychiatrist

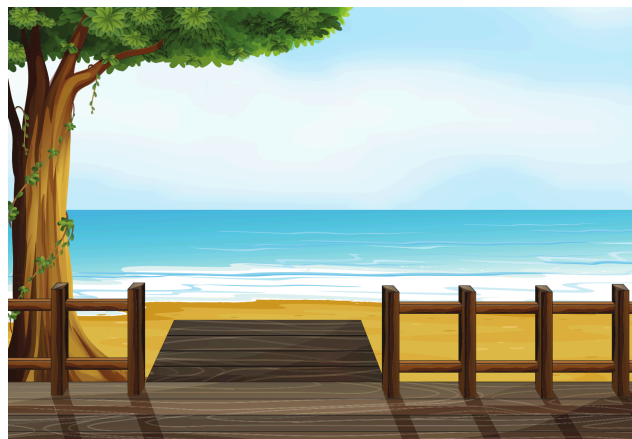
Coping with Anxiety and Panic



Anxiety and panic are your brain's misinterpretation of stress; it sends out cortisol to activate your fight, flight or freeze reaction. Remind yourself you are safe as you relax your body.



Focus on your external environment.



Instead of focusing on your increased heart rate or sweaty palms, focus on everything around you:

- What do you SEE? colors, textures, shapes, patterns
- What do you HEAR? wind, waves, people, animals
- What do you FEEL? air temp & movement, seat, clothes
- What do you SMELL? eucalyptus, tar, ocean, lawn
- What do you TASTE? mint, coffee, etc.

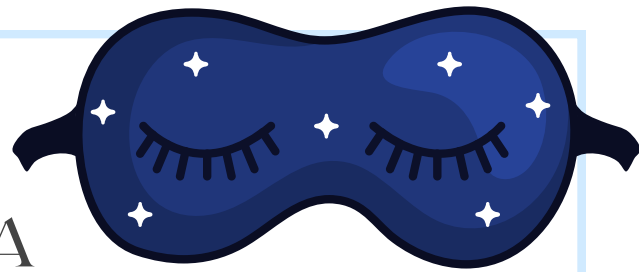
Check off your progress!

| | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



DAY 2

INSOMNIA



Sleep can be very difficult: this is the time to establish a solid sleep routine and schedule. Expose yourself to natural light in the day, avoid caffeine in the afternoon or evening, and get exercise during the day.

Nighttime routine example:

9pm follow up with (supportive) friends or family members

9:30 look at your calendar for tomorrow and plan accordingly

10 shower

10:30 read a book or magazine (if you are on your phone, make sure you set display to night shift, warm- blue light wakes your brain up)

11pm meditation

11:30 - 7:30 sleep/in bed

7:30 get up (no matter how tired you are. It can help to have a glass of ice water to wake you up).

Remember that even if it takes 20 minutes or so to fall asleep, this is normal under the circumstances and you eventually will get normal sleep. Even if you aren't getting 7-8 hours of sleep, you are resting your body. If you get up early, it will be helpful with falling asleep the following night, so stay the course! Try to get up at the same time every day. Avoid napping. Because THC decreases REM sleep, when you're taking a break you will find you're in REM more. Vivid or strange dreams may bring up themes in your life. If you care to journal about them, you may learn more about yourself. If these dreams are distressing, which can be normal for people with trauma, process them with a therapist or other trusted individual.

Make sure your bedroom is dark, cool, and quiet.

Relax each muscle of your body from your forehead to your toes.

Stressful thoughts keeping you up? Write it in a journal and you can problem solve tomorrow; now is designated sleep time. Imagine a peaceful and calm place in detail.

DAY 2 How are you taking care of yourself?



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DAY 2

Use the Self-Care Wheel to reflect and journal your thoughts:



Exercise, sleep & nutrition

Social Community

Interests & Hobbies

Values

Family & Trusted Others

Asking for Help

Setting Limits

Environment

Gratitude & Mindfulness

Other

DAY 3

APPETITE

If you're used to using cannabis before eating, you'll probably not be very hungry the first several days you abstain. Remember food is fuel, eating can be a social activity, and it's part of our daily routines. Continue to prepare or buy food and eat something for nutrition and brain health. It might help to have a companion with whom you share a meal.

Ideas for snacks:

- Hummus and pita chips or veggies
- Smoothie with fruit, yogurt, scoop of almond butter, ice
- Oatmeal
- Crackers with cheese, sliced turkey
- Banana with peanut butter + glass of milk

FREE TIME

- Spend time with non-cannabis using friends or family
- Call a friend or family member
- Read a book for pleasure
- Play a game on your phone (Wordle?)
- Walk, work out
- Cook
- Take up a new hobby (watercolor, guitar, etc)
- Have things that you carry around with you (knitting, Sudoku, etc.)



SOCIAL PRESSURE - CANNABIS REFUSAL SKILLS

When you have an urge to use, and someone is offering, keep the following in mind:

- Speak in a clear, firm, unhesitating voice
- Make direct eye contact
- Suggest an alternative: something else to do
- Ask the person to stop offering it to you because you are trying to reduce
- Change the subject
- Avoid using vague answers or excuses

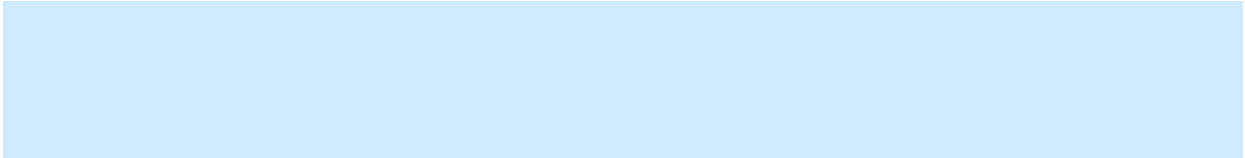
Some people might offer you cannabis in the future. Give some thought to how you will respond to the following people, and write some responses to the following scenarios...

DAY 3

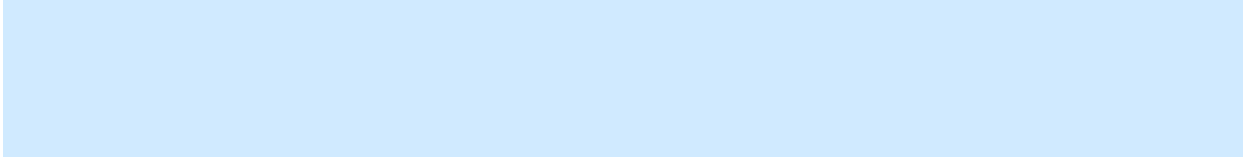
REFUSAL SKILLS

How will you turn down cannabis from:

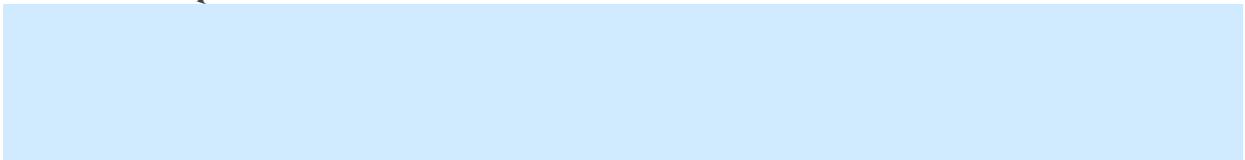
Roommate or friend



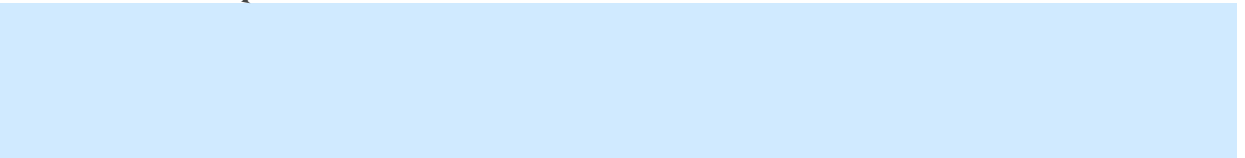
An attractive stranger at a party



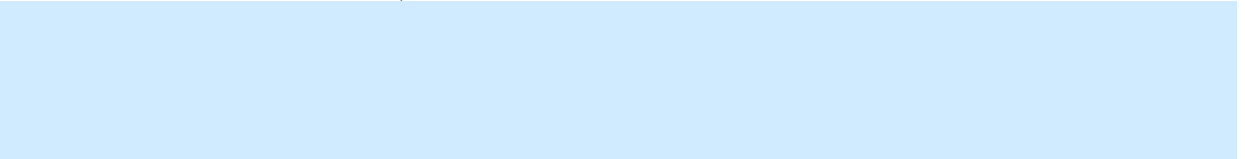
New acquaintance



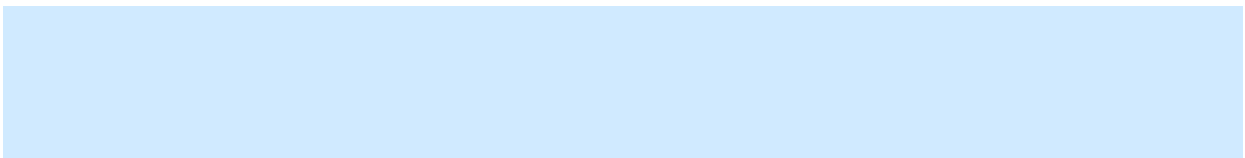
Romantic partner



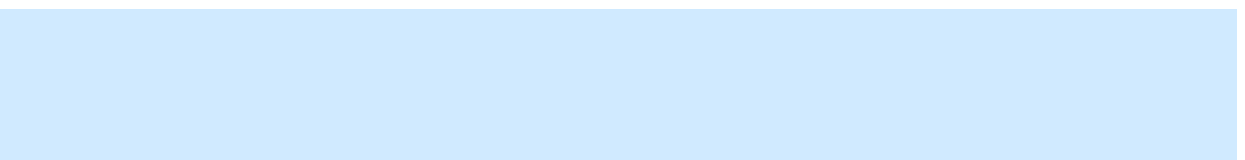
Relative or family member



Classmate



Co-worker



DAY 3

Journal:

How is my appetite?

Do I get good nutrition?

Do I time my eating right?

How do I spend my free time?

How am I doing communicating my boundaries with substance use?



DAY 3

REFUSAL SKILLS CONTINUED

- Plan ahead
- Be aware of your surroundings
- Bring a supportive friend
- Use your refusal skills
- Weigh out the pros and cons of using
- Leave setting if necessary



BOREDOM

- Do something enjoyable
- Organize your room or apartment
- Text a friend
- Change your environment
- Call a family member to catch up
- Volunteer
- Read
- Try something new
- Check out the Health & Wellness website at wellness.sa.ucsb.edu
- Go see a movie
- Go for a hike
- Take pictures
- Write a story
- Walk to the beach
- Research and plan a vacation
- Study with friends

SITUATIONS INVOLVING ALCOHOL

Alcohol can make you less vigilant about achieving your goals. It tends to make people less concerned about long-term consequences. Consider reducing or stopping alcohol intake while making changes to your cannabis use. Gauchos for Recovery can help if you need peer support and community.

What are your intentions with limiting alcohol? Journal:

DAY 4

CRAVINGS AND URGES

The only way to interrupt cravings is to break the chain of responding to them. That is,

- Don't give in. Eventually, cravings will decrease.
- Do something to distract yourself
- Breathe deeply
- Call a friend
- Go for a walk
- Move your body- stretch, yoga, tai chi
- Time the urge, and you will find that it will disappear like a wave breaking (See next page on Urge Surfing)
- Use Alternatives



DAY 4

Urge Surfing

Some urges are too strong to ignore. When this happens, it can be useful to stay with your urge until it passes. Urges are like waves that start out small, grow in size, and then break up and dissipate. Instead of fighting cravings, this technique requires that you join with the craving as a way of taking control of your urge to use.

Urge Surfing has 3 basic steps:

1. Take an inventory of how you experience the craving. Take a few breaths and focus inward. Allow your attention to wander through your body. Notice where you are experiencing the craving in your body and what the sensations are like. For example, “My craving is in my mouth, nose, and stomach.”
2. Focus on one area where you are experiencing the urge and tell yourself what you are experiencing. Do you feel hot, cold, tingly, numb? Are your muscles tense or relaxed? How large of an area is involved? Notice the changes that occur in the sensation.
3. Refocus on each part of your body that experiences the craving. Pay attention to and describe to yourself the changes that occur in the sensations. Notice how the urge comes and goes.

Journal: how was your experience with Urge Surfing?

DAY 4: Alternatives

You can do many things instead of use cannabis. Some might work better than others. Expect to try several and add any that may be helpful! Think about what works for you when you have tried to make other changes to your life!

Be kind to yourself as you begin this change process- you are doing something to take care of yourself and you deserve all the comfort and self-acceptance you can get. Remember that you are learning and changing inevitably you will be giving up old ways and that in time, you will feel more comfortable.

Actions

- Avoid or leave situations that make you want to smoke. Sometimes it is the easiest and most effective way to resist temptation, especially at the beginning.
- Delay decisions to give into temptation (example: wait 15 minutes and practice deep breathing).
- Change your physical position. Stand up, stretch, walk around, go outside.
- Carry things to put in your mouth (For example: gum, mints, straws, toothpicks, snacks)
- Carry objects to fiddle with (For example: squishy ball, a crystal, sea shell, etc.)
- Have a distracting activity available: (For example: magazine, book, game, etc.)

Thoughts

- Self-Talk- Give yourself a pep talk; remind yourself of your reasons for wanting to make changes to your use, your personal consequences from using, and challenge any wavering in your commitment.
- Imagery and Visualization- Visualize yourself as happy, healthy, and in control of your life.
- Thought Stopping- Tell yourself loudly to STOP; get up, and do something else.
- Distraction- Focus on something different; the task at hand, a daydream, a fantasy, or counting backwards from 150 in 3's. Whatever works!

Lifestyle

- Exercise- Take a brisk daily walk and get your body moving!
- Practice relaxation or meditation techniques daily.
- Take up a new hobby or pick up an old hobby you used to enjoy.
- Watch your caffeine intake, as it can increase feelings of edginess, anxiety, etc.
- Change routines associated with smoking marijuana, at least temporarily. (Example; don't turn on TV when you get home and go sit on the couch by your bong).

Social Interactions and Environment

- Remove all smoking paraphernalia (pipes, papers, bongs, ashtrays, matches, lighters, pens, marijuana) from house, car, line of vision, etc.
- Go to places where it is difficult to get high. Library, movie theater, swimming pool, sauna, steam bath, restaurants, etc.
- Spend time with people who don't smoke at all or aren't smoking while with you.
- Enlist the support of family and friends. Let them know that you are trying to make a change.
- Set boundaries with friends and roommates. Let friends know what you need. (Example, "Can I ask you a favor? If you guys are gonna smoke, call me after you do, so I don't get tempted").
- Learn how to manage feelings and emotions differently.

DAY 5

SOCIAL SUPPORT



If you have friends you normally use with, remind them you're not using or avoid them. You'll have extra time- use it to do something enjoyable or healthy like:

Identify the people in your life with whom you have positive, healthy connections. Seek them out, and initiate some time together if possible.

PROFESSIONAL SUPPORT

Counseling by a therapist, mentor or instructor can be helpful at this point.



DAY 6



KNOW YOURSELF, AND BE CONFIDENT IN WHO YOU ARE:

Examine your values!

Take a moment to consider the values you find most important. Choose 2 or 3 of your top values and respond to the following questions:

- Why are these values important to you?
- Have your values shifted since starting college?

Here are some suggestions to get you started:

- Education
- Achievement
- Success
- Adventure
- Ambition
- Family
- Relationships
- Friendships
- Health
- Equality
- Respect
- Reputation
- Spirituality/faith
- Happiness
- Integrity
- Creativity
- Curiosity
- Balance
- Empathy
- Wealth/prosperity
- Love
- Humor
- Independence
- Productivity
- Harmony
- Wisdom
- Confidence
- Variety
- Security
- Strength
- Community
- Loyalty
- Hope
- Growth
- Diversity
- Innovation
- Gratitude
- Courage
- Risk taking
- Dependability
- Trust
- Authenticity
- Beauty
- Competition

As you consider your top values, set one **SPECIFIC AND MEASURABLE GOAL**, big or little, that would help align you with what's important to you. Consider and address the following:

- What is your motivation for wanting to achieve this goal?
- What steps will you take to achieve it?
- What strengths or qualities do you possess that will help in attaining your goal?
- How is your decision to not use cannabis impacting your values and goals?

DAY 7

CELEBRATE!!

You've accomplished a week without cannabis! It will get easier from here. Think of the positives so far:

Saved time

Saved money

Improved lungs

Think more clearly

Established healthier routines



REWARD YOURSELF, but obviously not with cannabis!

Journal about your journey so far: what has been tough? what have been the rewards?

AWESOME!

DAY 8

THOUGHTS



Self-Talk- Remind yourself of your reasons for wanting to make changes to your use, your personal consequences from using, and challenge any wavering in your commitment.

Imagery and Visualization- Visualize yourself as happy, healthy, and in control of your life.

Distraction- Focus on something different; the task at hand, a daydream, a fantasy, or counting backwards from 150 in 3's. Whatever works!

Check out YouTube: Affirmations to Quit Smoking Weed
"I am free to live a better life"
"I will not let weed negatively affect my life"

Journal about your self-talk

A large, empty light blue rectangular area intended for journaling.

DAY 8 **AUTOMATIC THOUGHT RECORD**

WHEN YOU CATCH YOURSELF HAVING NEGATIVE THOUGHTS - RECORD THEM BELOW AND TRY TO REPLACE THEM WITH AFFIRMATIONS OR COPING SKILLS.

| | | | | | |
|--------------------------------|-------------------------------------------------------------------------------|--|--|--|--|
| Situation | (example) Midterm Next week is worth 25% | | | | |
| Automatic thought | "I'm going to fail" | | | | |
| Emotion / Feeling | worried & anxious | | | | |
| Evidence that Supports thought | I haven't done all of the readings | | | | |
| Alternative thought | "I did ok last on quarter on midterms" "I understand the content" | | | | |
| Coping skills or affirmation | I'll probably do fine. I am going to do well because I am going to prepare | | | | |
| Feeling afterwards | Neutral / Motivated / Calm | | | | |

DAY 9

ACTIONS



Avoid or leave situations that make you want to use cannabis. Sometimes it is the easiest and most effective way to resist temptation, especially at the beginning.

Delay decisions to give into temptation (example: set a timer for 15 minutes and practice deep breathing).

Change your physical position. Stand up, stretch, walk around, go outside.

Carry things to put in your mouth (For example: gum, mints, straws, toothpicks, snacks)

Carry objects to fiddle with (For example: squishy ball, a crystal, seashell, etc.)

Have a distracting activity available: (For example: magazine, book, game, etc.)

JOURNAL

A large, empty light blue rectangular area intended for journaling.

DAY 10

BE KIND TO YOURSELF



Use affirmations for self-acceptance:

- I am in control
- I am committed to changing my behavior
- I choose to stop using cannabis/I choose to stop using cannabis
- There are many ways for me to relax
- I take great care of my body
- I love and respect my body
- I don't use cannabis/I don't smoke weed
- I breathe in clean, fresh air
- My mind is clear
- I'm in control of my body and mind
- I have more energy than ever before
- I feel great
- I'm proud of myself and my choices
- My choices help me to feel better and better
- Taking good care of myself is a priority for me
- My lungs are strong
- I am healthy
- I am calm and relaxed

Copy the affirmations you like or create your own

A large, empty light blue rectangular area intended for copying or creating affirmations.

DAY 11

SOCIAL INTERACTIONS AND ENVIRONMENT



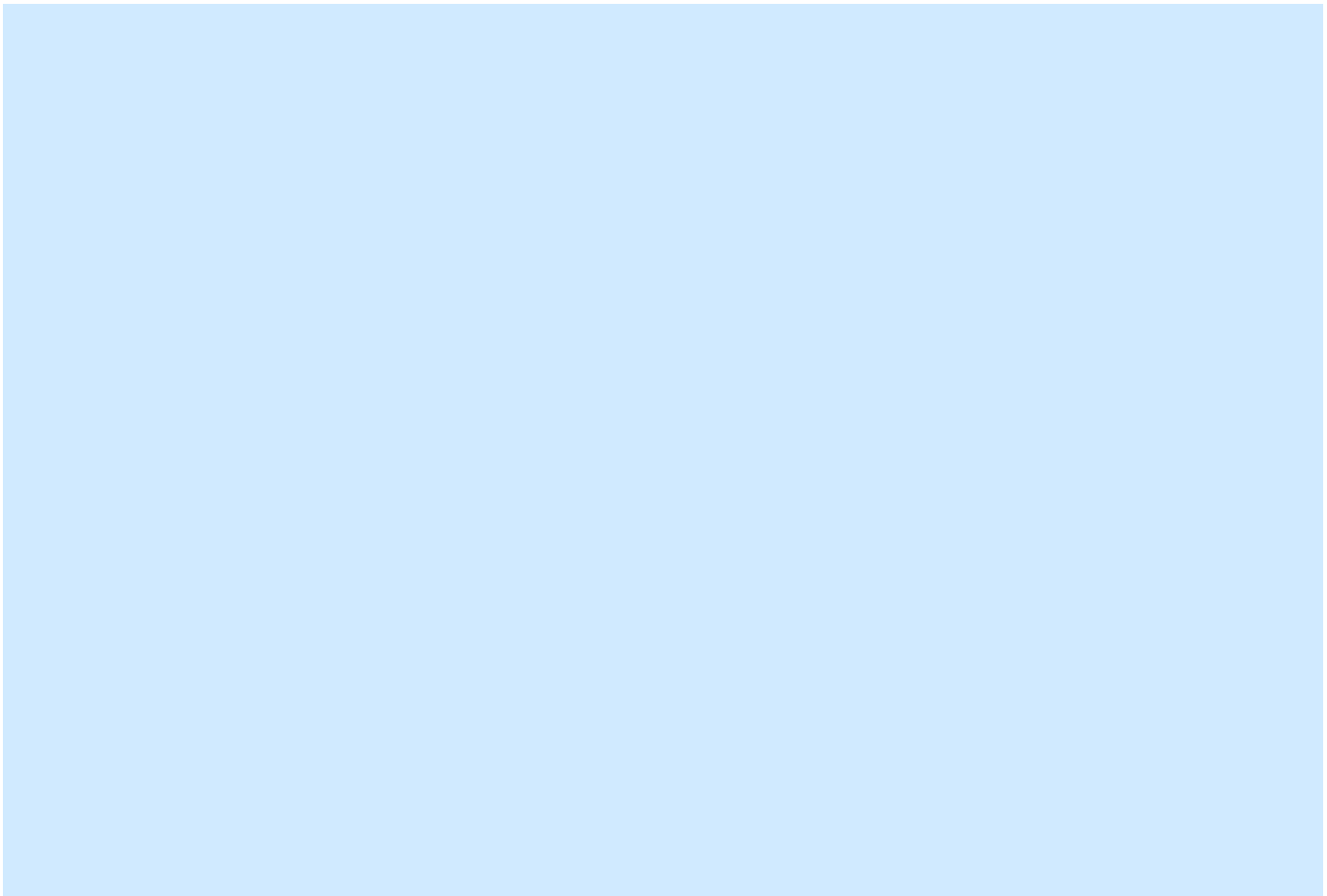
Remember to keep anything related to cannabis use out of the home, car, line of vision, etc.

Go to places where it is difficult to get high, such as the library, movie theater, gym, swimming pool, sauna, steam bath, restaurants, etc.

Spend time with people who don't use cannabis at all or aren't high or using while with you. Update your supportive friends/family members on your abstinence.

Set boundaries with friends and roommates. Let friends know what you need. (Example, "Can I ask you a favor? If you guys are gonna smoke, call me after you do, so I don't get tempted").

Learn how to manage feelings and emotions differently.



DAY 12

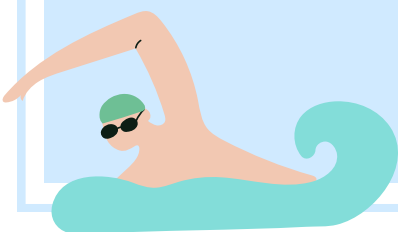


IMPORTANCE OF EXERCISE: NATURAL HIGH?

Research demonstrates that exercise is extremely helpful in decreasing or quitting substance use. Exercise can improve the quality of your sleep, reduce cannabis cravings, and decrease physical and psychological tension and stress. Regular exercise helps people feel better about themselves- the idea of being able to achieve a goal, “do hard things” if it’s a challenging workout. Also, exercisers tend to have more social engagement, and the time spent exercising takes away from time spent engaging in cannabis use. Studies show exercise helps decrease cravings and increases a sense of control over substance use. Time away from substance use reduces cannabis tolerance. Depressive episodes decrease. Decreases stress reactivity and anxiety. The endocannabinoid (eCB) system is naturally activated by exercise- like a “natural high”.



How do you like to exercise?



DAY 13

MEDITATION

Meditation is a proven method for decreasing stress, anxiety, and depression and can be helpful with mood states as you're taking a break from cannabis.

Use this body scan meditation:

https://drive.google.com/file/d/1FbxMy_C4WRMWuMcsIyFOU4aF_NH9O9E4/view?usp=drive_link



What was your experience like?

A large, empty light blue rectangular area intended for the user to write their response to the question above.

DAY 14

CELEBRATE 2 WEEKS!

You're getting the hang of this! Reflect on your journey so far. What's working well? What's been challenging? Do something extra nice for yourself to celebrate half a month without cannabis.



DAY 15

POSITIVE PSYCHOLOGY: COUNT YOUR BLESSINGS

Each day reflect on 3 things for which you're grateful. If you do this every day for a month, you're guaranteed to feel happier (research says!)



WHAT ARE 3 THINGS YOU'RE GRATEFUL FOR TODAY?

1.

2.

3.

Take this a couple steps further:

- Why are you grateful for these things?
- How did these things come to be in your life?

DAY 16

PROGRESSIVE MUSCLE RELAXATION

Watch this video on Progressive Muscle Relaxation:
An Essential Anxiety Skill #27



Write about your experience:

A large, empty light blue rectangular area intended for the user to write about their experience.

DAY 17

HOW TO HANDLE BOREDOM

- Acknowledge the feeling and think about what you may need (rest, productivity, entertainment, etc)
- Change of scenery
- Create
- Organize
- Exercise
- Language (duolingo?)
- Cook
- Contact people
- Plan ahead



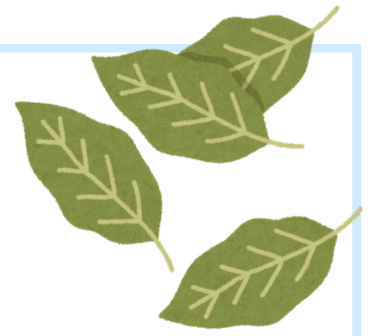
CHOOSE A REPLACEMENT BEHAVIOR:

Three horizontal grey bars for writing replacement behaviors.

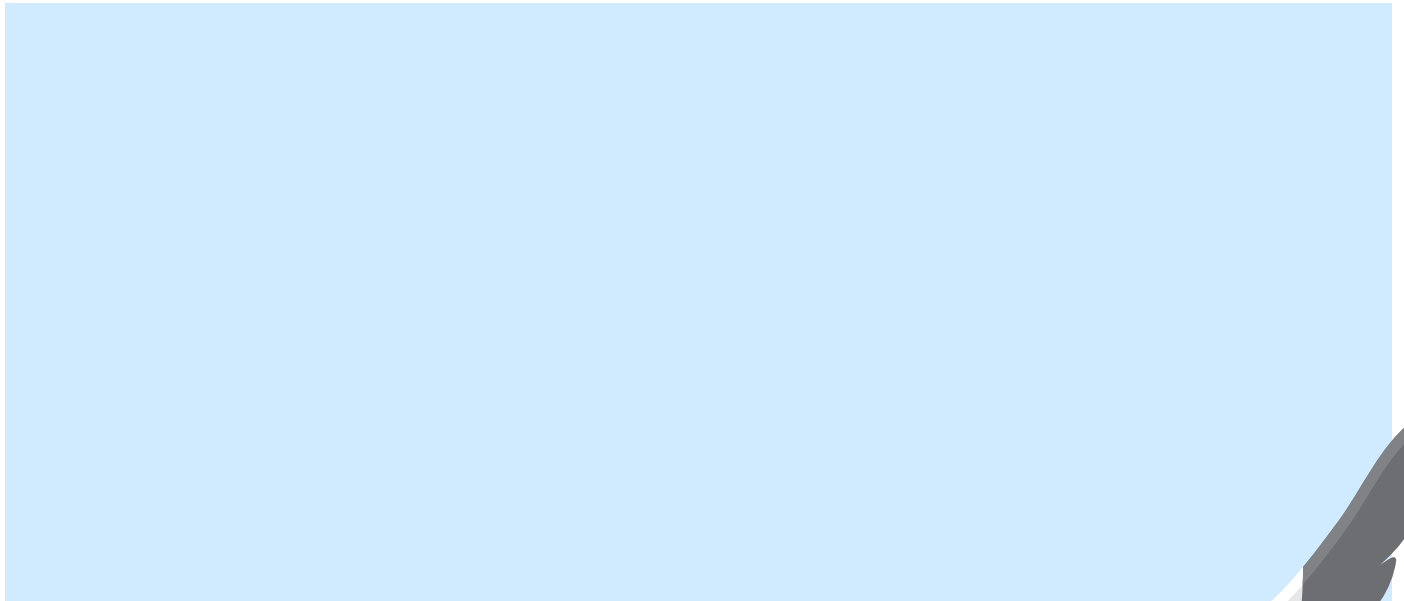
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DAY 18

NATURE



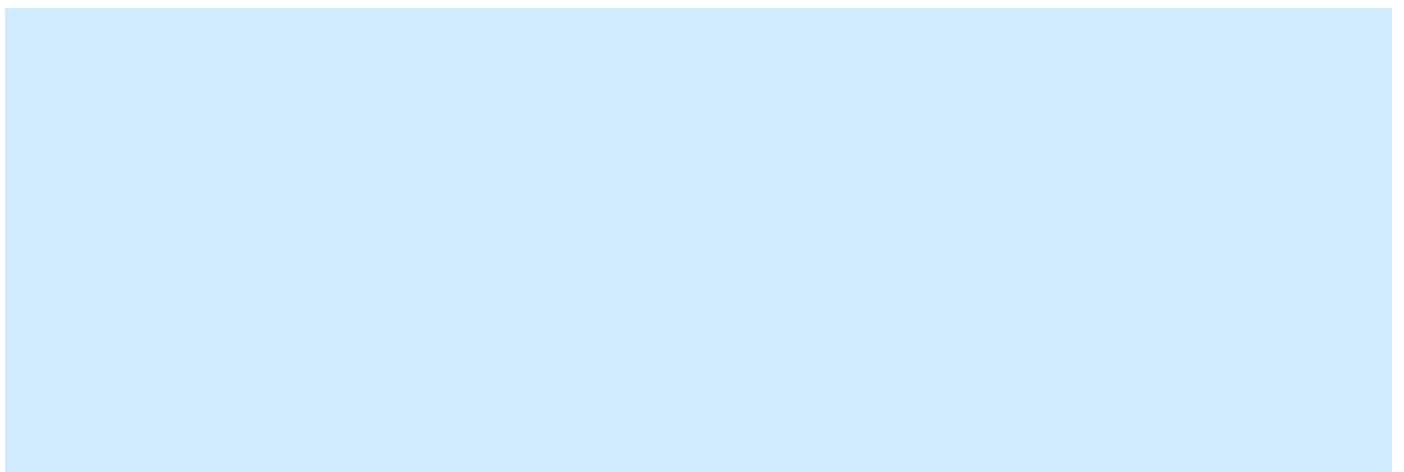
Take a mindful walk in nature- the lagoon, bluffs to Sands, Ellwood Preserve, etc. Observe all your senses: the colors, textures, movement, wind, temperature, smells, tastes, sounds. Focus on these sensory signals and let go of thoughts going through your mind.



DAY 19

COPE WITH STRESS

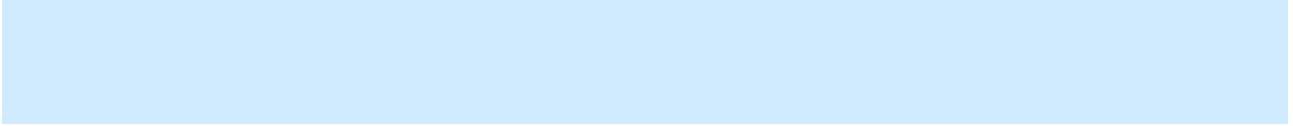
- Breathing methods
- Exercise
- Call a friend to talk



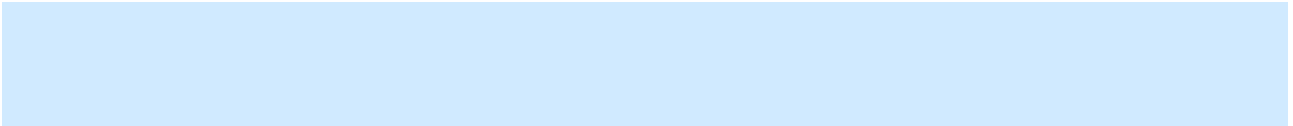
DAY 20

LONELINESS: CREATE A SUPPORT MAP

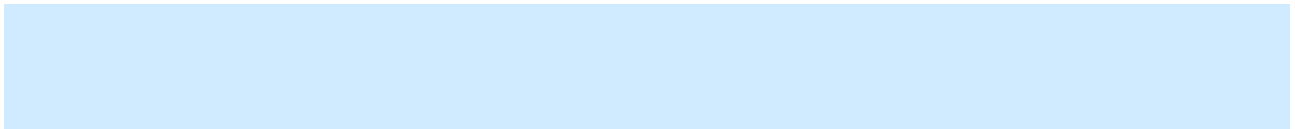
List Your Strengths



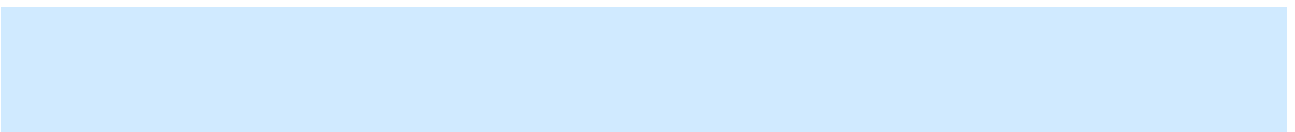
Friends and Partners (List names and how they support)



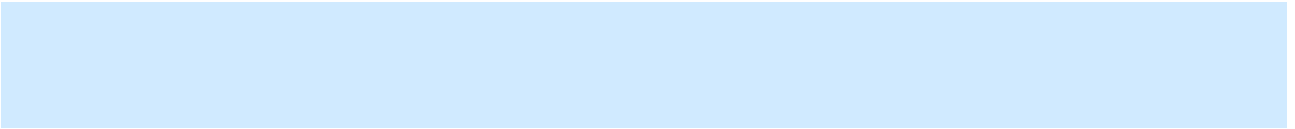
Family



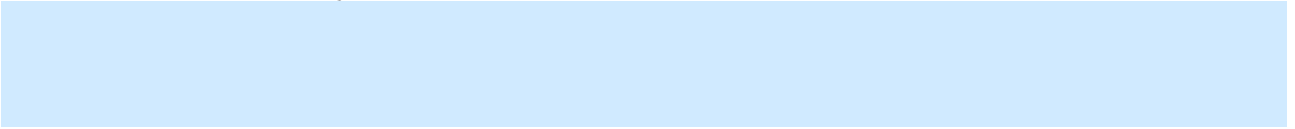
Peers



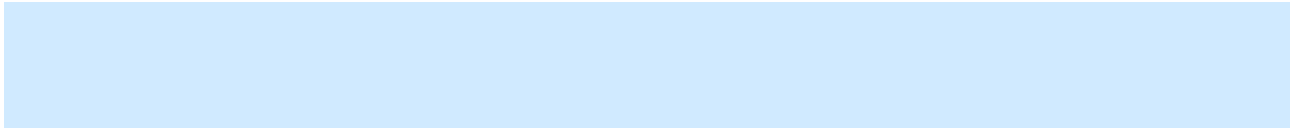
Social Network, influencers



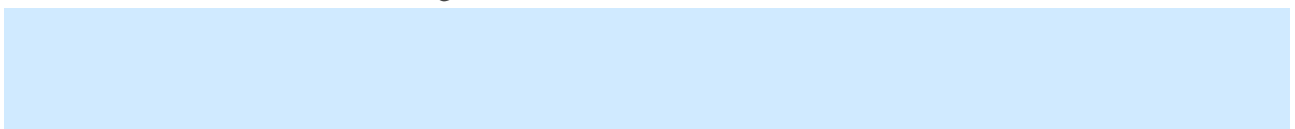
Motivators, inspirations



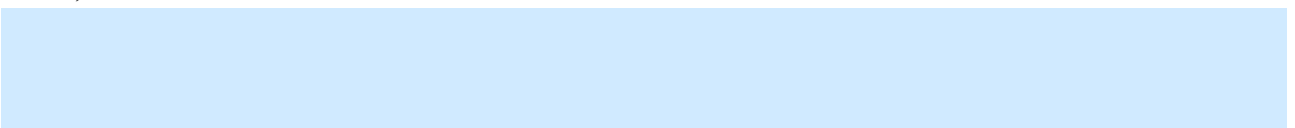
Professionals, healers



Advisors, mentors, guides



Pet/Other



DAY 21

CELEBRATE 3 WEEKS!



CREATIVITY PROVIDES A HEALTHY ESCAPE.

In what ways are you creative?

Today spend some time indulging in a creative outlet.

- Art (ex, collage)
- Poetry
- music
- Dance

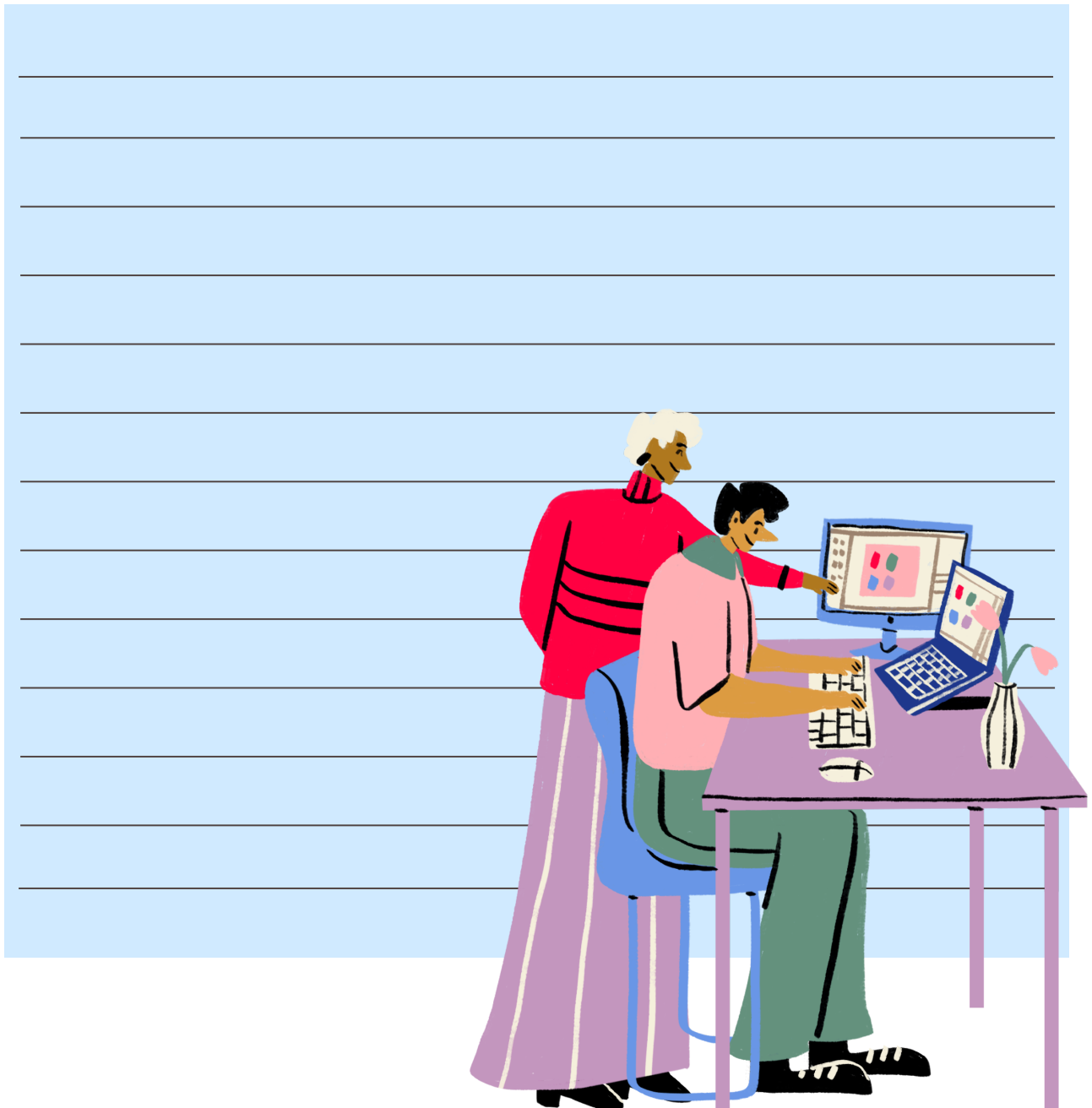
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DAY 22

THANK A MENTOR

Think of someone who has had a positive impact on your life. How have they helped you, and how have you benefited from them? What do you appreciate most about them?

Write all this down and consider writing it as a letter, or calling them and sharing your thoughts and feelings. Research shows this makes you both feel good!



DAY 23

IMAGINE EXERCISE

“A year from now you will wish you had started today.”

Sometime during the next week, imagine that a year has passed and that you have met your goals. Make believe it is the next year and write a letter to yourself (the old you). Write about your life as it has become. Include the reasons why you decided to make changes to your substance use a year earlier, what your lifestyle is like in the new year, and the benefits you enjoy from making positive changes to your use. Describe yourself as clearly as you can. As you visualize yourself in the future, it may help to think about friendships, self-esteem, health, employment, recreational activities, and general lifestyle satisfaction. This exercise is extremely useful as it helps you visualize your journey and your goal.

Feel free to write it out on a separate piece of paper, type it, or use pictures, poetry, or art to help with your vision.



The form consists of a large rectangular area filled with horizontal blue lines, intended for writing. At the bottom right corner of this area, there is a cartoon illustration of a woman with long, wavy blonde hair. She is wearing a teal-colored long-sleeved dress and a bright red cape with a matching red scarf. She has her arms crossed and a confident, smiling expression. Several small, four-pointed starburst symbols are scattered around her head, suggesting a sense of achievement or inspiration.

DAY 24

TRY SOMETHING NEW

Step outside of your comfort zone and your usual routine, and try something new (or something you haven't done in a long time). You might think about what's on your UCSB "bucket list," something you've been meaning to check out, but just haven't gotten around to yet.

Here are some suggestions to get you started:

- Try a campus "egg chair" or head to the labyrinth for a meditative walk
- Check out a club or organization on campus
- Participate in an intramural or pick-up sports game
- Attend a film, performance or exhibit on or around campus
- Go for a hike around Santa Barbara
- Explore an area of town you've never seen before
- Attend a meditation group
- Check out resources or other support services on campus (CLAS, CAPS, Career Center, Multicultural Center, RSCGD, etc.)
- Apply for an internship, job or volunteer opportunity
- Choose something from the UCSB Health & Wellness calendar to try

Journal about what this experience was like for you:

What did you like or dislike about the activity?

Would you do this activity again?

Are there any other ideas or new activities you've been considering?

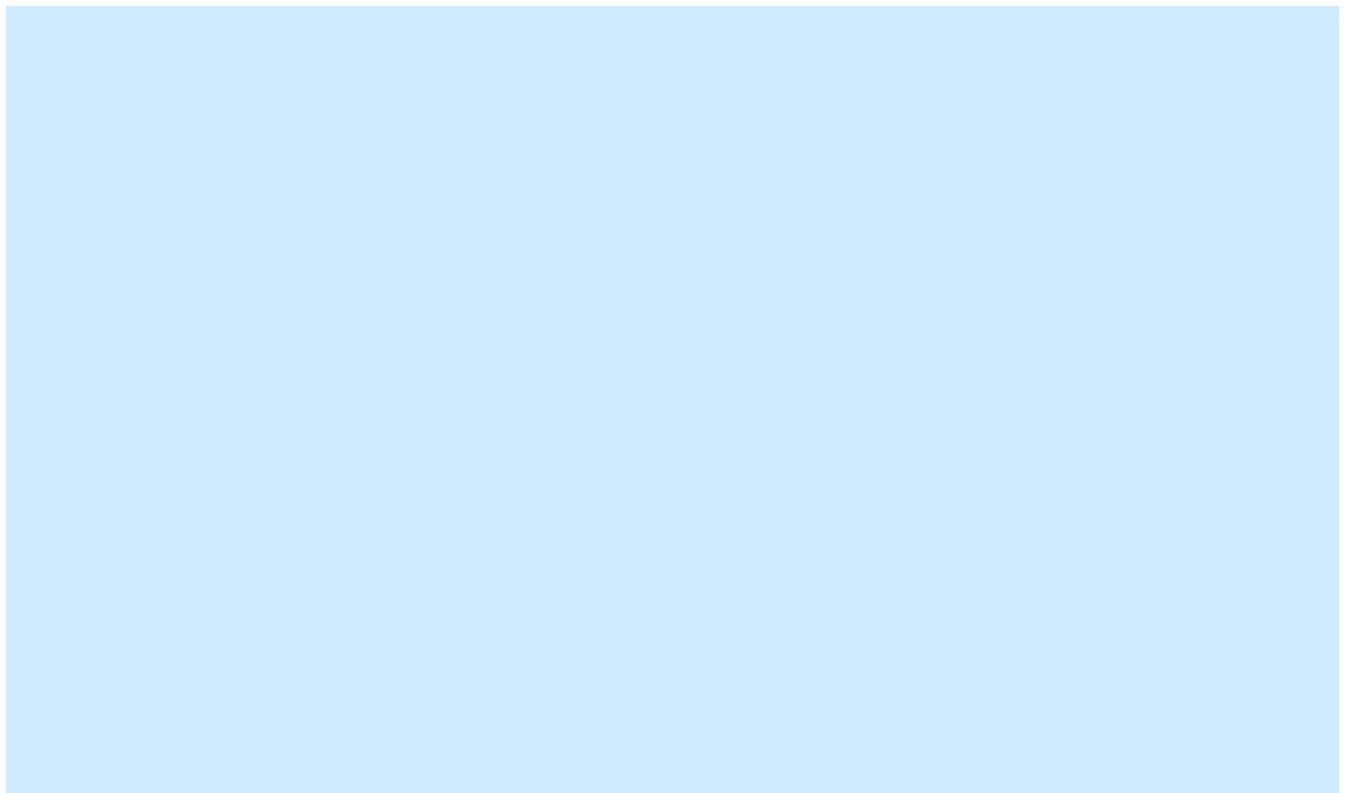


DAY 25

ACTS OF KINDNESS

Go out of your way to do something nice for someone. It could be as easy as holding a door open for someone or doing your roommate's dishes.

Consider volunteering at an organization.



Find the right fit:



DAY 26

EVALUATE YOUR WELLNESS

Maintaining balance in college is often challenging, and yet it is central to your ability to stay healthy while accomplishing the goals you've set for yourself.

Journal prompt: Using the wellness wheel, rate how you're doing in each domain using a 1-10 scale (1=very poor; 10=excellent).

- In which area(s) are you strongest? How have you remained so healthy in that area?
- Which 2 or 3 areas of your wellness need the most attention?
- What is something you can commit to doing this week to move toward greater health in at least one area?



DAY 26: EVALUATE YOUR WELLNESS

JOURNAL

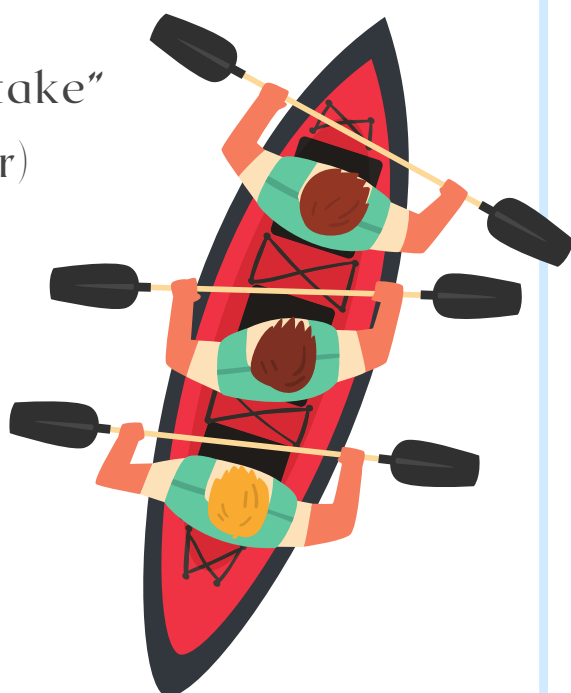


DAY 27

GET OUT OF YOUR COMFORT ZONE

Get out of your comfort zone again and do something you've never done before or follow up on something you've tried recently. Ocean kayaking? Volunteering at the food bank? Posting a poem online?

"You miss 100% of the shots you don't take"
(Wayne Gretzky, former hockey player)



DAY 28

CELEBRATE!

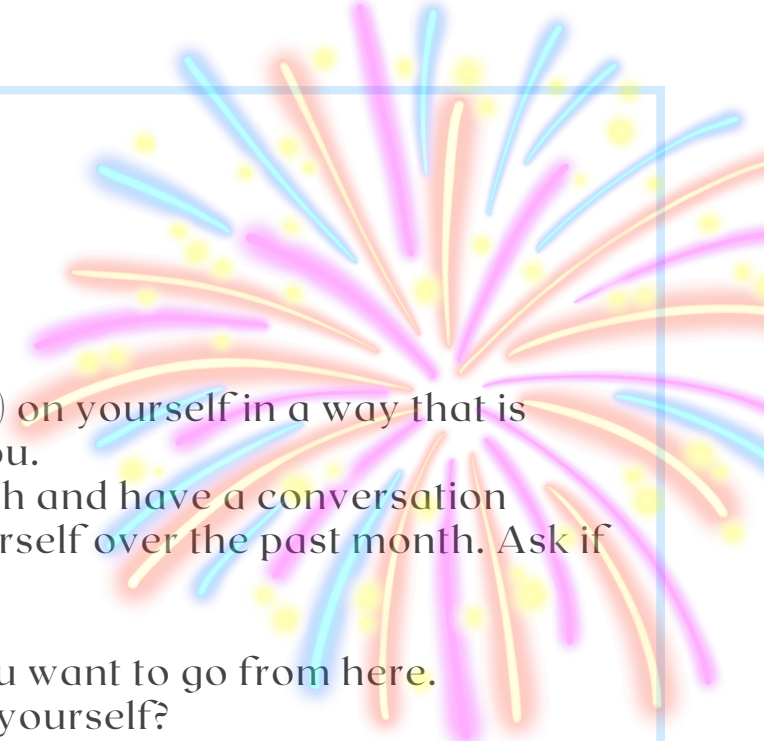
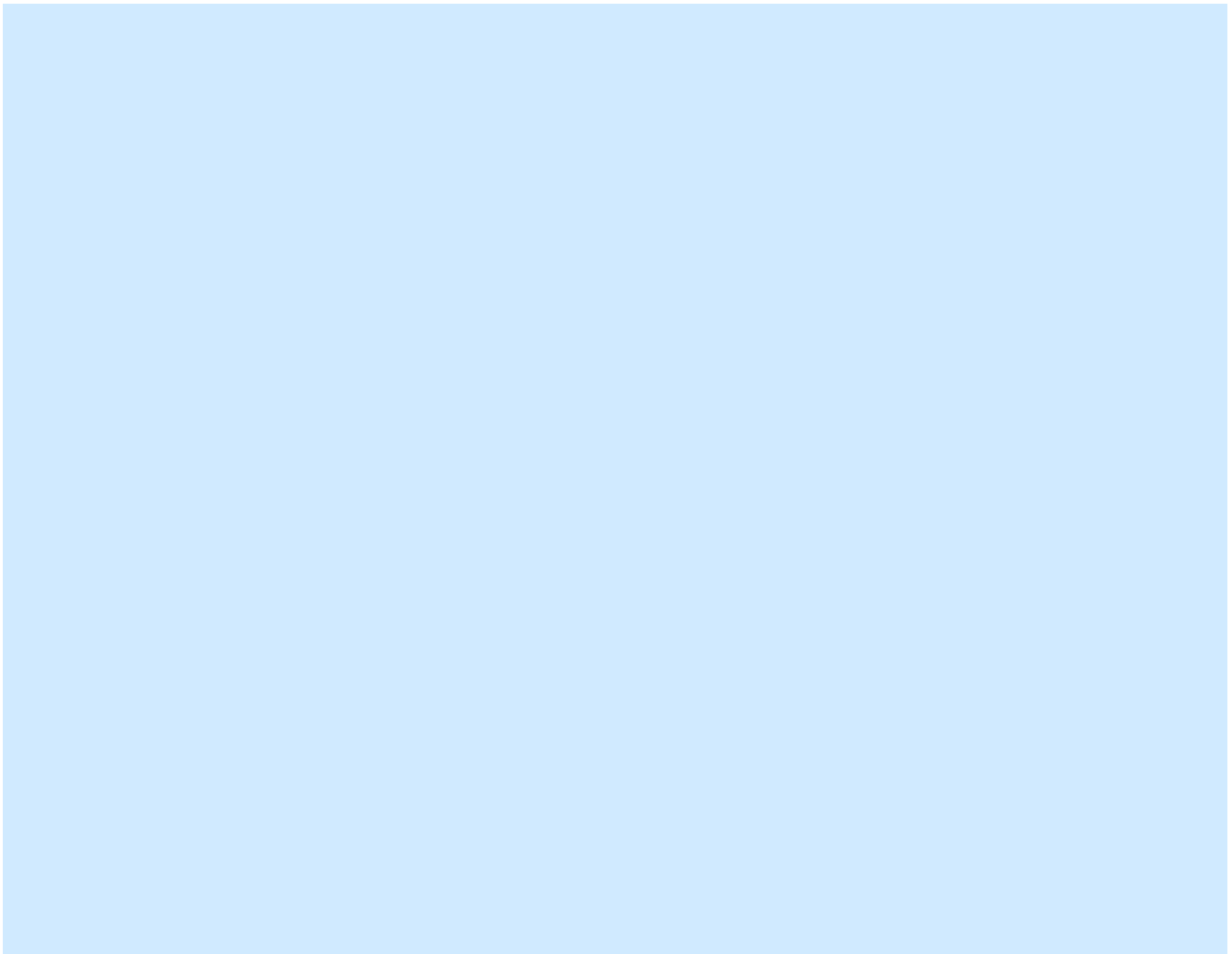
Spend some time (and maybe money!) on yourself in a way that is truly enjoyable and meaningful for you.

Ex: Take your best buddy out for lunch and have a conversation about what you've learned about yourself over the past month. Ask if they've noticed any changes.

Think about and/or discuss where you want to go from here. What are your new limits or rules for yourself?

CONGRATULATIONS.

Journal about your 28 day experience overall



YOUR GO-TO

RESOURCE LIST

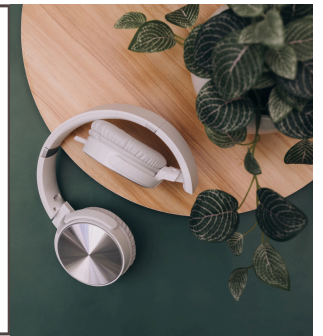
GROUNDED420.COM

GROUNDED APP:
THIS IS AN APP THAT ...



W

REDDIT GROUP:
MEET PEERS AND DEVELOP NEW RELATIONSHIPS WITH
OTHERS THAT...



MARIJUANA-ANONYMOUS.ORG

MARIJUANA ANONYMOUS
LOOKING TO SHARE BUT KEEP ANONYMITY? THEN TRY...



References



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Department of Health and Human Services

The Ohio State College of Social Work

NAADAC

NIDA