

# Cannabis Reduction & Cessation

*14 day Journal*



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# SELF-AWARENESS

## CANNABIS SELF-ASSESSMENT

Before using this guide:

A. The Cannabis Use Disorder Identification Test (CUDIT) is helpful to see where you're starting. [cudit-r-cannabis-use-disorders-identification-test-\(1\).pdf](#)

B. Use the Marijuana Assessment Form to get a good picture of your current use, history of use, reasons for using, financial impact, other consequences, social networks, and other substance use.

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?
2	HOW MANY HOURS WERE YOU "HIGH" ON A TYPICAL DAY WHEN YOU HAD BEEN USING CANNABIS?
3	HOW MANY HOURS WERE YOU "HIGH" ON A TYPICAL DAY WHEN YOU HAD BEEN USING CANNABIS?
4	HOW OFTEN DURING THE PAST 6 MONTHS DID YOU FAIL TO DO WHAT WAS NORMALLY EXPECTED FROM YOU BECAUSE OF USING CANNABIS?
5	HOW OFTEN IN THE PAST 6 MONTHS HAVE YOU DEVOTED A GREAT DEAL OF YOUR TIME TO GETTING, USING, OR RECOVERING FROM CANNABIS?
6	HOW OFTEN IN THE PAST 6 MONTHS HAVE YOU HAD A PROBLEM WITH YOUR MEMORY OR CONCENTRATION AFTER USING CANNABIS?
7	HOW OFTEN DO YOU USE CANNABIS IN SITUATIONS THAT COULD BE PHYSICALLY HAZARDOUS, SUCH AS DRIVING, OPERATING MACHINERY, OR CARING FOR CHILDREN?
8	HAVE YOU EVER THOUGHT ABOUT CUTTING DOWN, OR STOPPING, YOUR USE OF CANNABIS?

A score of 8 or more indicates hazardous use;  
a score of 12 or more indicates the need to assess for cannabis use disorder.

# INTRODUCTION

Congratulations on taking the first step in making a change to your cannabis use! You have recognized the problematic effects of your cannabis use. It may have become such a habit and part of your lifestyle that your tolerance increased to the point you only feel the effect when you use it more frequently or in higher doses. Needing it to feel “normal” is one of the reasons it’s difficult to stop without guidance and support. Taking a break for 2 weeks will clear most of the THC from your system, and set you up with healthier coping skills and new routines.

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

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

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

1.
2.
3.

Journal:

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 or provide to you 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.

## PLACES:

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

## THINGS

Get rid of related stuff. Give it away, throw it away—whatever it takes! You don't need reminders around, even people on social media who glorify use.

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

1.

2.

3.

Journal: How does it feel to take these steps?



# STRUCTURE AND STAYING BUSY

Having routines around your daily activities (like sleep, school, meal times, studying, exercising, social time, hobbies) will be very important. Use a planner to section off time for the responsibilities as well as the more fun or relaxing things you can do that don't include cannabis use. See the example below:

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00							
7:00							
8:00	Shower breakfast	Shower breakfast	Shower breakfast	Shower breakfast	Shower breakfast	Sleep in	Sleep in
9:00	Class	Class	Class	Class	Class	Shower breakfast	
10:00	Gym	CLAS	Gym	CLAS	Gym	Volunteer Work	Hike
11:00		Study					
12:00	Lunch		Lunch		Lunch		Shower breakfast
1:00	Class	Work	Class	Work	Class	Work	Study
2:00	Club Meeting		Club Meeting		Club Meeting		Beach
3:00	Study						
4:00			Study		Study		Laundry
5:00	CLAS	Call family		Call family		Social Time	Call family
6:00	Dinner	Dinner	Dinner	Dinner	Dinner		
7:00	Social Time	Work out	Study	Study			Dinner
8:00	Study	Social Time			Social Time		Grocery shop
9:00			Social Time	Social Time			Prep For week
10:00	Time with roommates		Time with roommates		Time with roommates		
11:00	Read Journal	Meditation	Read Journal	Meditation	Read Journal	Meditation	
12:00							



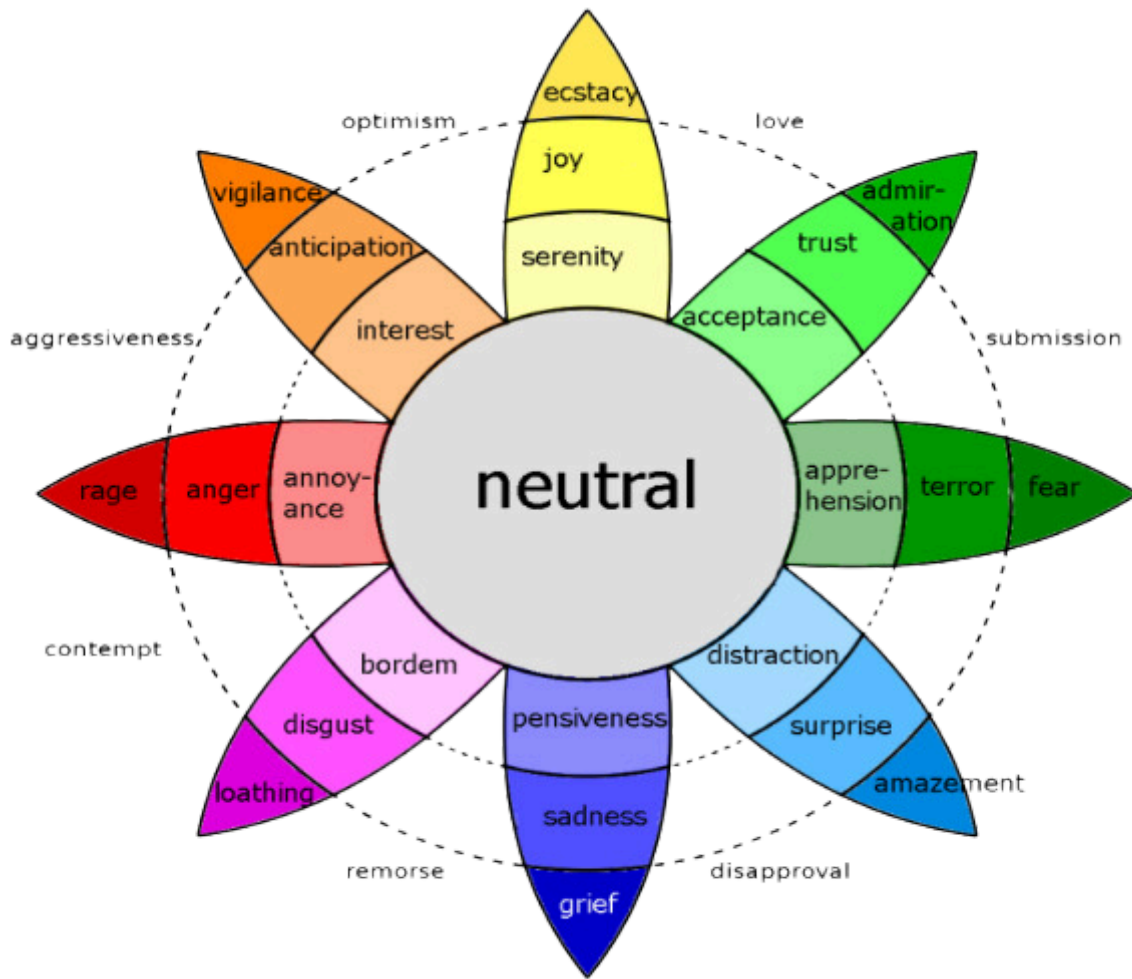
# STRUCTURE AND STAYING BUSY

You can use this section to draft out your routine:

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
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10:00							
11:00							
12:00							

# CALENDAR

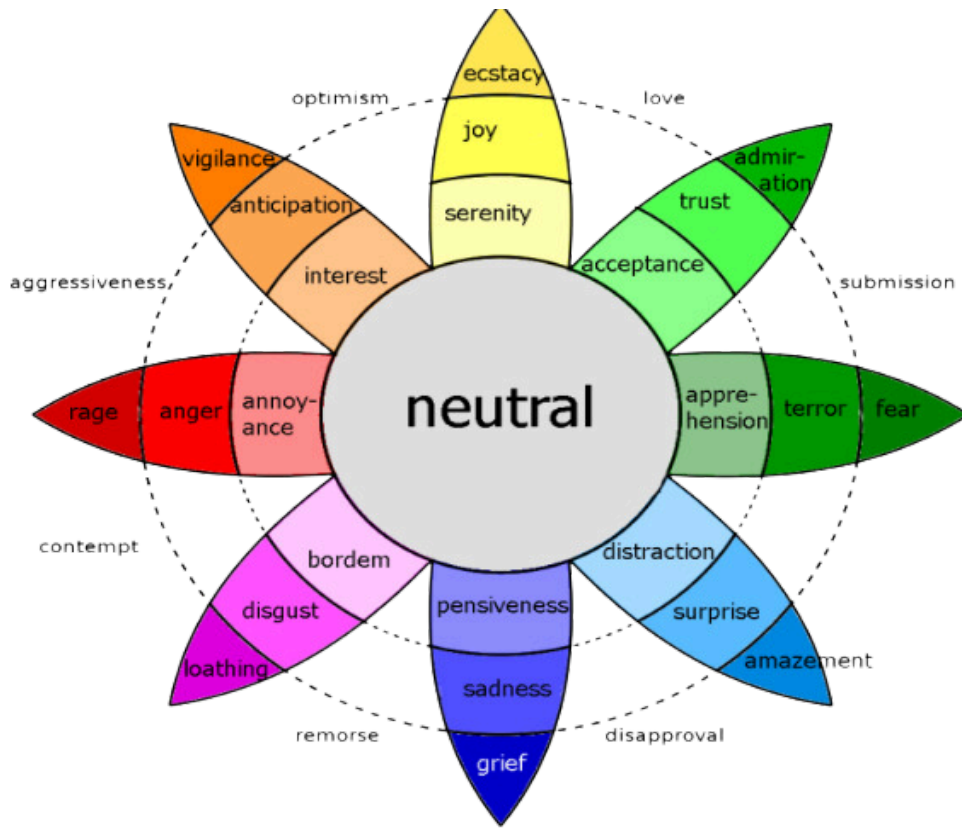
Write in the date and make notes on how you feel each day.



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

# CALENDAR

Make notes on how you feel each day.



DAY	NOTES	INTENSITY SCALE 1-10
8		
9		
10		
11		
12		
13		
14		

# 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



## Anxiety

Agitation is commonly felt. Deep breathing and meditation (focusing on the here and now) can help.

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:



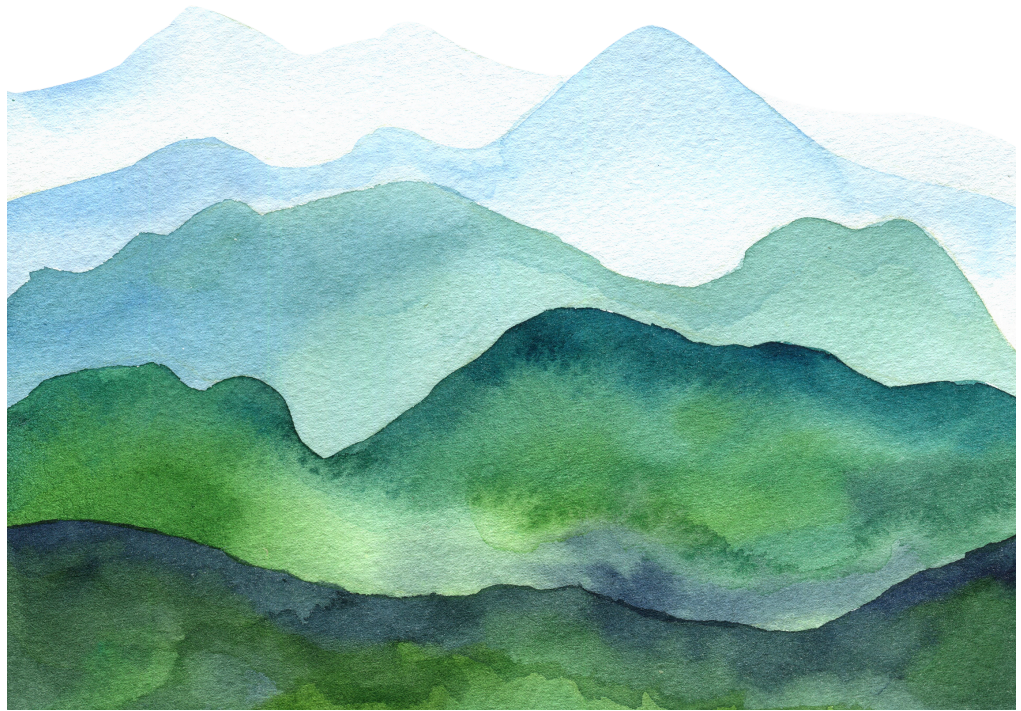
### Full Guided Meditation



### 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 feelings and 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 go to bed early

## 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

# DAY 1



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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 2

## INSOMNIA



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

Routine example:

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

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

10:00 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: SLEEP*

# JOURNAL

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# DAY 3

## APPETTITE

If you're used to using cannabis before eating, you'll likely not have much of an appetite the first several days you abstain. Remember food is fuel, can be social, and is 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 (Duolingo?)
- Walk, work out
- Cook
- Take up a new or old hobby (drawing, guitar, etc)
- Have things that you carry around with you to keep your hands busy

## SOCIAL PRESSURE - CANNABIS REFUSUAL SKILLS

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

- Speak in a clear, firm, unhesitating voice (ex. "No thanks, I'm taking a break")
- 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

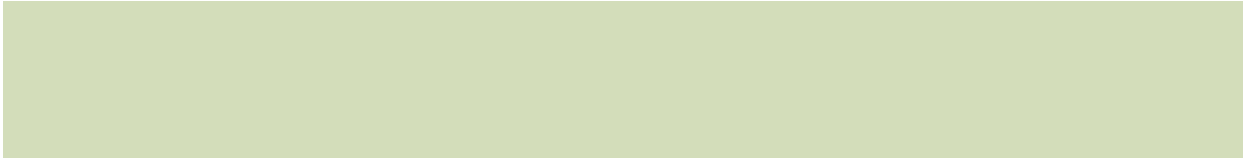
Some people might offer you cannabis in the future. Give some thought to how you will respond to the following people, and write some responses to the following scenarios...

*DAY 3*

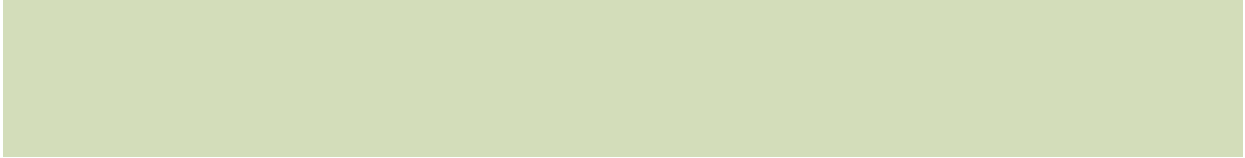
# REFUSAL SKILLS

How will you turn down cannabis from:

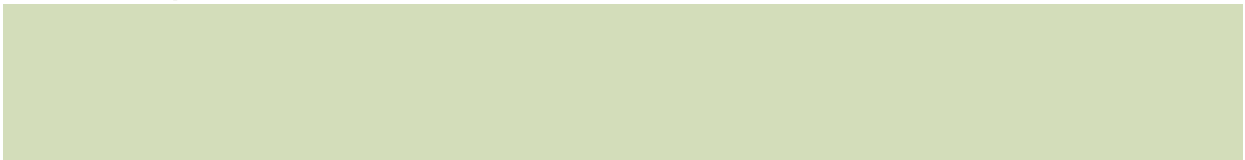
Roommate



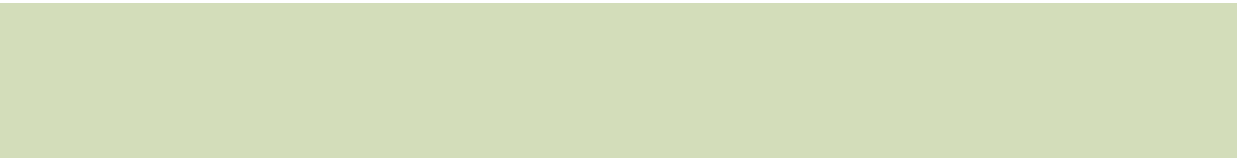
An attractive stranger at a party



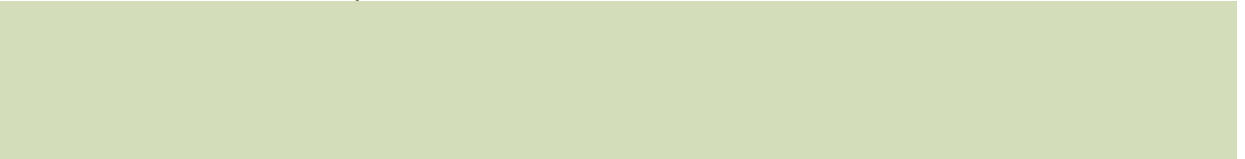
New acquaintance



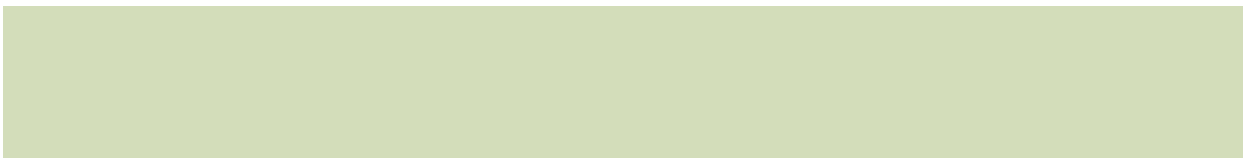
Romantic partner



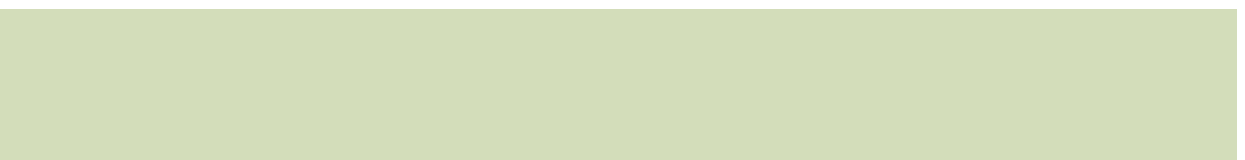
Relative or family member



Classmate



Co-worker



# DAY 3

## REFUSAL SKILLS CONT'D

- Plan ahead
- Be aware of your surroundings
- Be with 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](http://wellness.sa.ucsb.edu)
- Go see a movie
- Go for a hike (Ellwood Preserve?)
- 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.

**Journal: what's going well so far, and what's been tough?**

# 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
- Go back to page 4, Triggers and Alternatives worksheet
- Deep breathing exercises
- Call a friend
- Go for a walk
- Move your body- stretch, yoga, tai chi
- Urge Surfing

## Urge Surfing

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

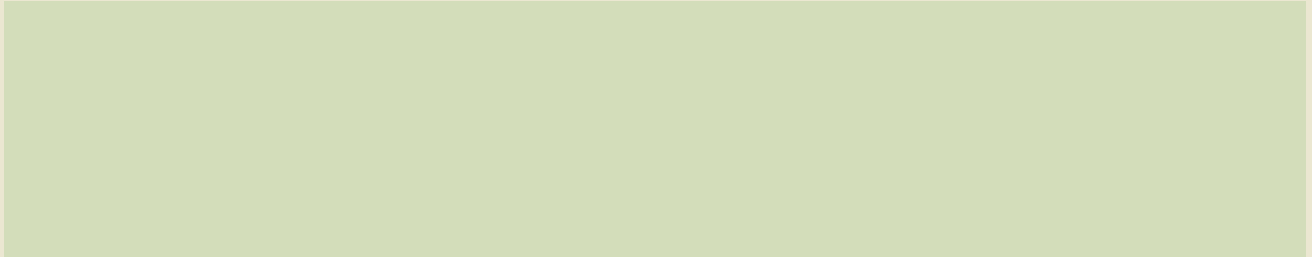
Urge Surfing has 3 basic steps:

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.

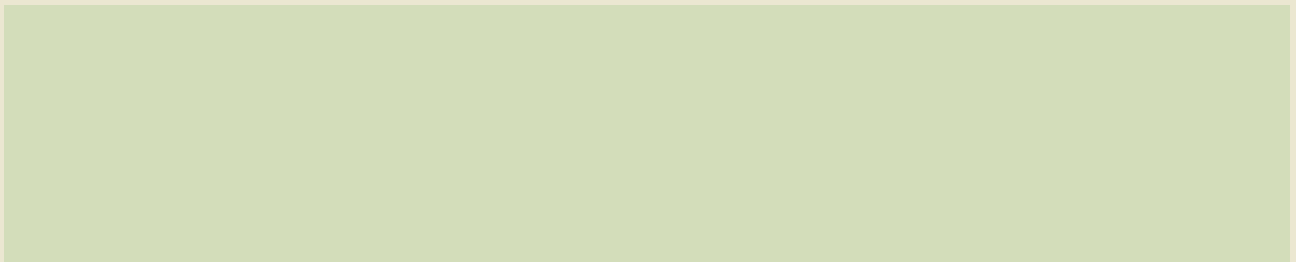
# DAY 5

## 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.



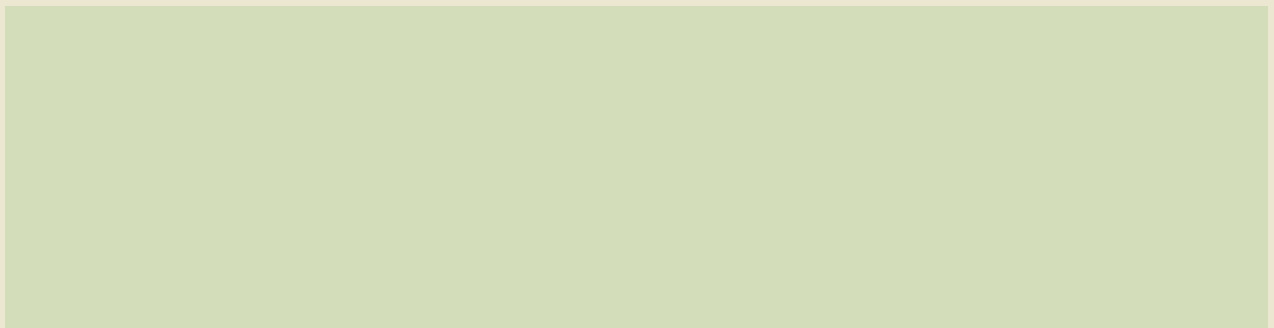
## PROFESSIONAL SUPPORT

Counseling by a therapist, mentor or instructor can be very helpful. Asking for help is a strength, and widens your support network.

ADP is a great resource; we are here to collaborate with you on your goals, and support you on this journey. We can reinforce skills for stress reduction, or teach new skills. It's helpful to process the other issues that may be coming up for you.

CAPS is another good resource on campus.

If you need referrals to outside therapy, please let us know.



# 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 2-3 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 examples of values 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, please set one **SPECIFIC AND MEASURABLE GOAL**, big or little, that would help bring you aligned 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 have you observed in yourself that will help in attaining your goal?
- How important is this goal, and if accomplished, how might it impact your college experience and/or your life post-college?

Other ideas:

- Try a new image (ex. get a haircut)
- Reorganize or style your space
- Create new outfits with the clothes you have



*DAY 6: EXAMINE YOUR VALUES*

# JOURNAL

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# 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

Better memory

More restorative sleep

Established healthier routines

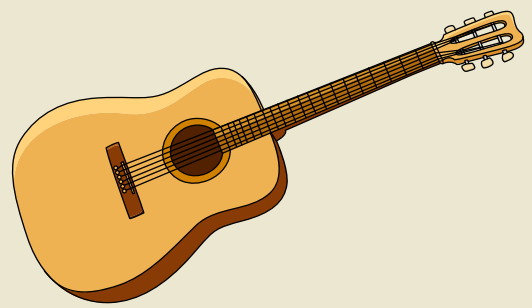
REWARD YOURSELF, but obviously not with cannabis!



## Journal: What shifts have you noticed?

Journaling area with a light green background.

# 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!

Look up on YouTube: Affirmations to Quit Smoking Weed

“I am free to live a better life”

“I will not let weed negatively affect my life”

**Journal: identify negative self-talk, and neutral or positive self-statements you can use instead**

# 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 in to temptation (for 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, 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.)

Keep busy with structure: study, work, volunteer, socialize, exercise.

## Journal: How are you coping?

# DAY 10

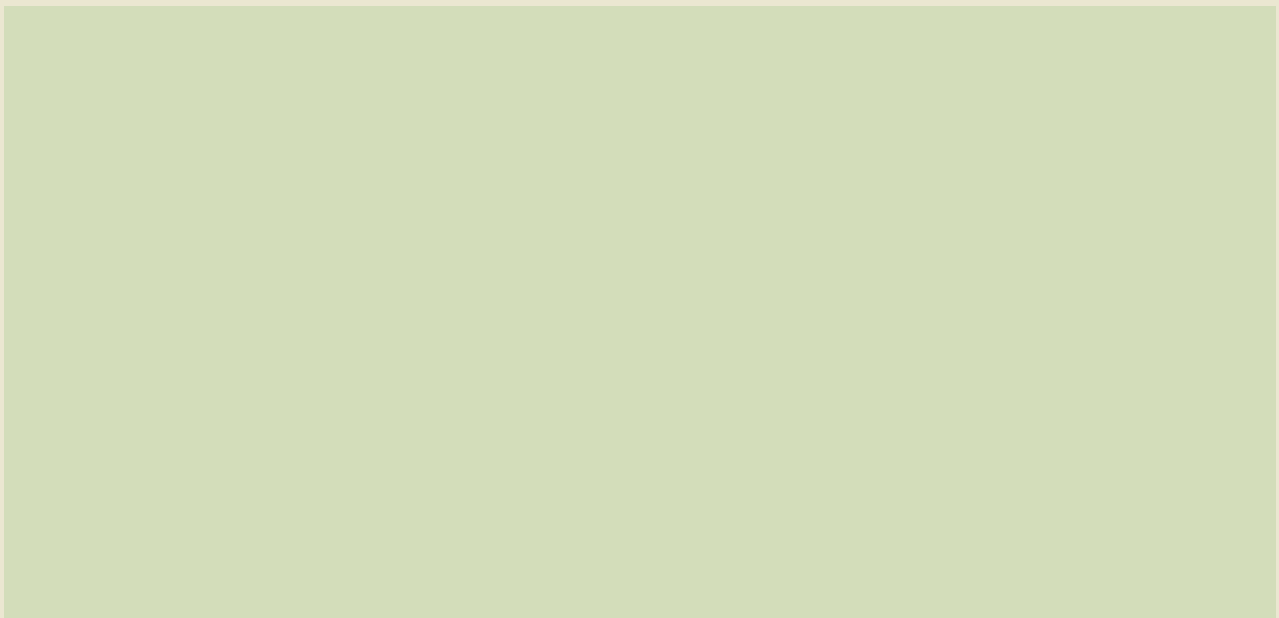
## BE KIND TO YOURSELF

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

### Journal:

**Copy affirmations that resonate with you,  
or make your own!**



# 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. 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.

Take the opportunity to meet new people with similar interests. At first you may feel nervous, but this is a prime time in your life to try new things.

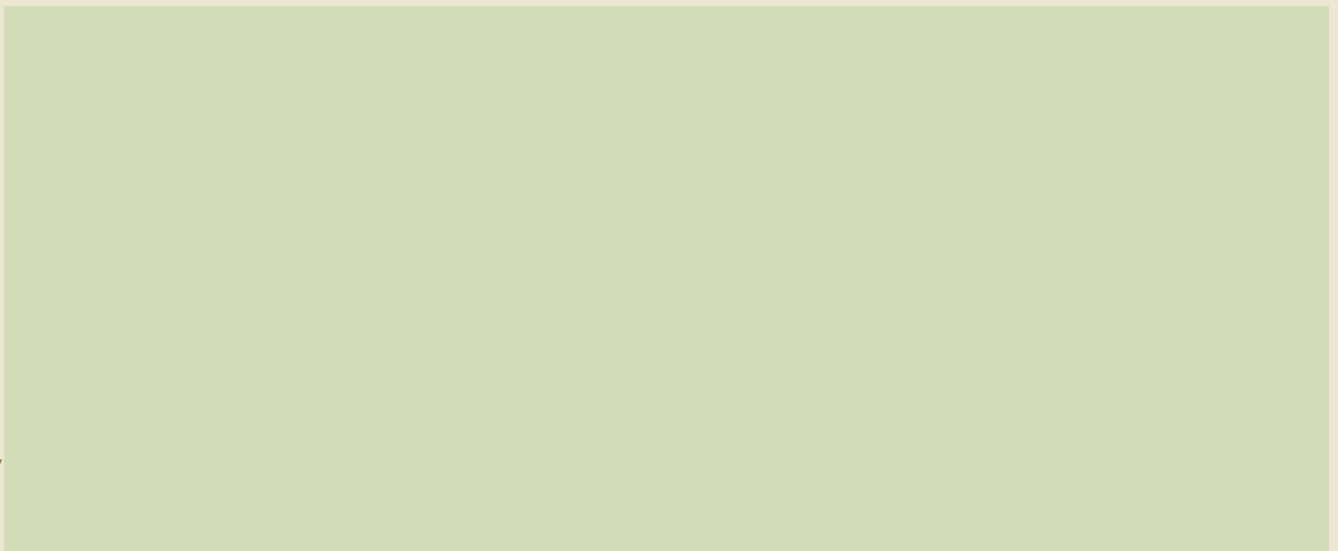
Set boundaries with friends and roommates. Let friends know what you need. (Example, "Can I ask you a favor? If you guys are gonna smoke, call me after you do, so I don't get tempted").

Learn how to manage feelings and emotions differently. (See Coping with Feelings Handout or Managing Emotional Emergencies Handout\*)

## Journal:

What boundaries do you need to set?

Are there new places you'd like to go or people you'd like to meet?



# DAY 12

## IMPORTANCE OF EXERCISE

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”.



# 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\\_C4WRMWuMcslyFOU4aF\\_NH9O9E4/view?usp=drive\\_link](https://drive.google.com/file/d/1FbxMy_C4WRMWuMcslyFOU4aF_NH9O9E4/view?usp=drive_link)

## CAMPUS & IV MEDITATION OPPORTUNITIES

Visit Egg or Massage Chairs at CAPS, Santa Catalina or the UCSB Library

UCSB Health & Wellness: Weekly Mindfulness Meditation Practice  
<https://wellness.ucsb.edu/>

Sign up for a UCSB CAPS group – several incorporate mindfulness

Visit website for info on groups & wellness seminars: [caps.sa.ucsb.edu](https://caps.sa.ucsb.edu)

Take a yoga class through the Rec Cen

Visit the beach, bluffs, lagoon, Labyrinth...anywhere!

## SMARTPHONE APPS

UCLA Mindful App (free)

Insight Timer (free)

Headspace

Calm

Aura (6 months free for UCSB students: [wellbeing.ucsb.edu/aura-health](https://wellbeing.ucsb.edu/aura-health))

## MEDITATION MUSIC + AUTHORS

Spotify, Apple Music or iTunes - search “meditation music”

Pandora station - “Calm Meditation” or “Spa Radio”

Jon Kabat-Zinn

Jack Kornfield

Thich Nhat Hahn



## LOCAL YOGA CLASSES

UCSB Dept. of Recreation (Rec Cen)

CorePower Yoga, 6992 Market Place Drive, Goleta

Power of Your Om, 1221 State St. #201



# Additional Stress Management Strategies

## **INVOLVE YOURSELF IN AT LEAST 3-4 PLEASANT ACTIVITIES PER DAY THAT GIVE YOU JOY OR A SENSE OF MASTERY**

Even simple things we do every day, such as stopping to talk to a friend for a few minutes, can have powerful benefits. The brain needs pleasure, mastery, novelty and stimulation in order to feel good. When we have increased demands placed on us, or we are ill, we often miss out on these vital “feel-good” activities. Schedule fun and pleasure into your day, every day – a technique called “behavioral activation.”

## **IDENTIFY SOURCES OF STRESS**

Write a list of the things that are stressing you out right now. Then, try to identify more specifically the way you are feeling about these items (overwhelmed, frustrated, anxious, worried, scared...?) and how you are feeling in your body (wired, exhausted, tight muscles, short breaths, upset stomach, racing heart...?). Being curious and non-judgmental about your current situation creates greater self-awareness and prepares you to take steps to manage the situation.

## **SPEND TIME WITH PEOPLE WITH WHOM YOU HAVE HEALTHY RELATIONSHIPS**

We release relaxing, pleasant hormones (like oxytocin and vasopressin) in response to time spent with people we care about. Also, sharing with others what you are going through can help you feel less alone and more connected.

# Additional Stress Management Strategies

## DEVELOP A POSITIVE SELF-TALK HABIT

The way you talk to yourself matters. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. It's important to learn to talk to yourself in a more realistic, compassionate manner. When you call yourself names or doubt your ability to succeed, reply with a kinder inner dialogue.

## EXPRESS GRATITUDE

Gratitude helps you recognize all the things you have to be thankful for. It also reminds you of all the resources you have to cope with stress, which can be empowering. Studies show grateful people enjoy better mental health, lower stress, and a better quality of life. Make it a habit to regularly write down 3 things you are grateful for in a gratitude journal, or express what you're grateful for with a friend.

## REASSESS YOUR TO-DO LIST

If you feel overwhelmed with everything you are trying to accomplish, it is worth looking to see if there are places you can cut back. Part of taking care of yourself is saying "no" when something feels like too much to take on. Using good time management skills can also help lower stress by allowing you to get things finished more quickly and efficiently.

# Additional Stress Management Strategies

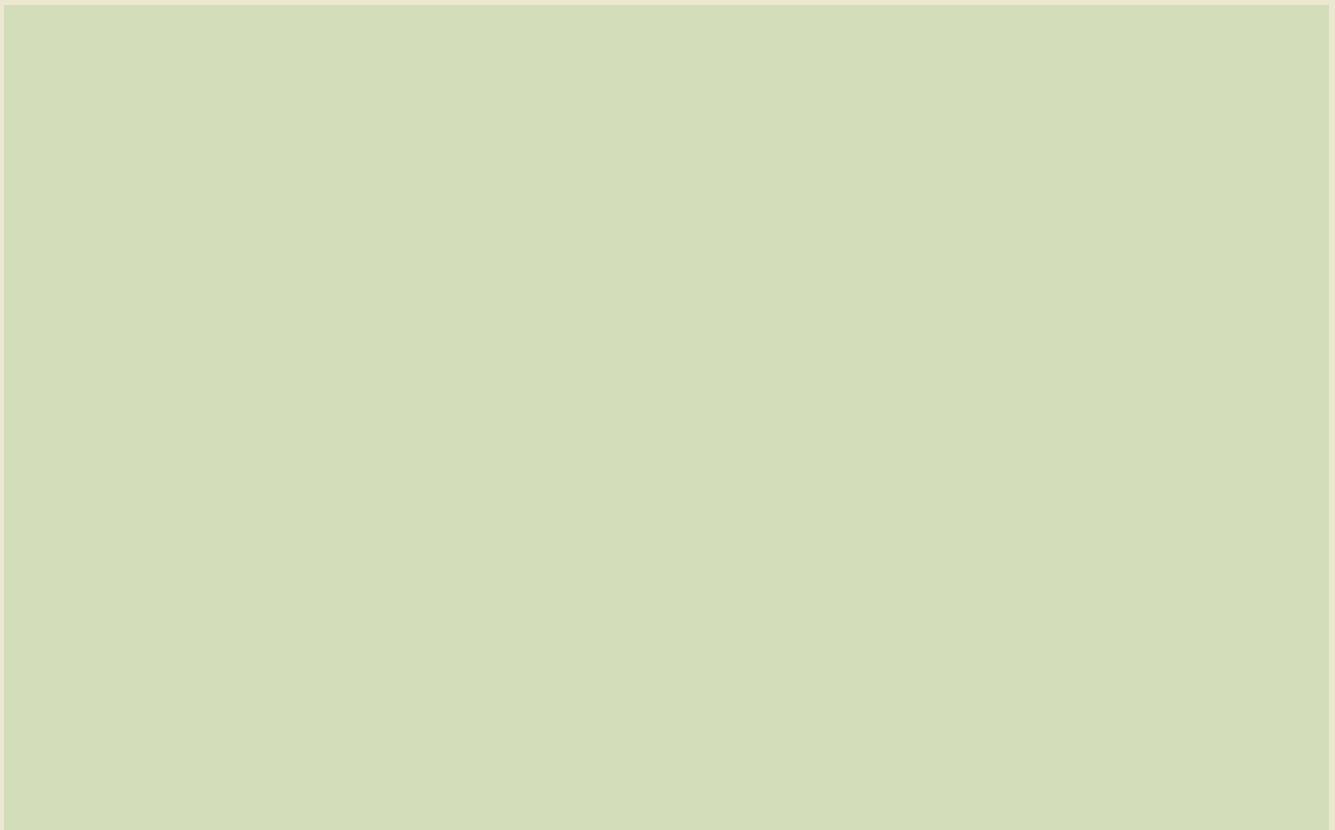
## OTHER EVIDENCE-BASED PRACTICES THAT CAN REDUCE STRESS OR SHIFT HOW WE FEEL:

- Laugh (watch a comedy special, spend time with someone who makes you laugh)
- Changes in temperature (splash face with cold water, jump in the ocean, take a hot or cold shower or hot tub)
- Attend to both physical and mental health (visit your doctor regularly, get mental health treatment when needed)

### Journal:

**How are you coping with stress?**

**What are your best methods for dealing with stress?**



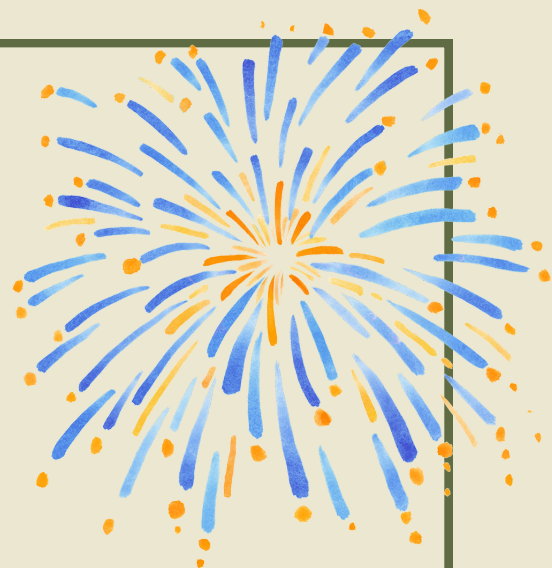
# DAY 14

## CELEBRATE 2 WEEKS!

Reflect on your two-week break from cannabis:  
How are you feeling and what are the benefits?  
What worked well?  
What was most challenging?  
Who was supportive?

Where do you go from here?

Write down intentions or rules for yourself, and share your plans with a friend, family member or counselor.



*YOUR GO-TO*

# RESOURCE LIST

## ADP COUNSELING

MARS ASSESSMENT  
TRACKING SHEETS



## WEBSITES

WEEDLESS.ORG



## REDDIT GROUP:

MEET PEERS AND DEVELOP NEW RELATIONSHIPS WITH  
OTHERS THAT ARE QUITTING



## MARIJUANA-ANONYMOUS.ORG

MARIJUANA ANONYMOUS



## APPS

QUIT WEED  
GROUNDED: QUIT WEEK SMOKING  
IAM SOBER  
QUIT WEED MARIJUANA ADDICTION



# References



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Treating Adults. SAMHSA.US Department of Health and  
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TherapistAid.com

Department of Health and Human Services

The Ohio State College of Social Work

NAADAC

NIDA