

# CANNABIS



Some would say Cannabis is a all natural way to get high, to feel those giggly, relaxed, exciting emotion's alongside heightend sense's, make's a 'safer' way to escape from reality for a little while. Although these pleasant experiences are a result of cannabis use, there are many more unpleasant and undesired effects aswell, specifically cannabis is a known depressant.

Sourced from the Cannabis Sativa and Cannabis Indica plant, and there are two main ingredients used, tetrahydrocannabinol (THC)(subsatnce which can make a person feel high) and cannabidiol (CBD)(substance which gives a relaxing, sleepy feeling, can help with pain and anxiety releif).

When someone take's cannabis some of the negative side effects they can expect are:

- Excess drowsiness,
- Poor judgment
- Memory impairment,
- They may appear 'out of it' seeming sleepy and unmotvated.
- Uncoordinated,
- Struggles with concentration on simple task's,
- Impaired vision

Cannabis can alter one's perception of reality while under the influence, commonly leading to enhanced feelings of **anxiety, paranoia, depression** and can significantly **effect social interactions**. Hence when under the influence, a suboptimal performace enviroment is created, especially when the user is depended on at home or in the workplace.

Consider seeking proffessional help if you or someone you know is:

- Using cannabis regularly to feel a sense of 'normal'
- Experiencing impairment and/or under the influence in the workforce
- Finding it difficult to stop cannabis use
- Noticing change's in one's social life
- Experiencing extreeme come down/withdrawl effects i.e. irritability, aggression, sleeplessness, low mood, prolonged anxiety or depression, any abnormal heightened feelings or emotions
- Having suicidal thoughts