



Are you using marijuana too often but not ready to quit entirely? Try using these tips to successfully cut down your usage!



**This  
information  
brought to you  
by**



Located in Howard Hall 119



**15 Tips  
to  
Help You  
Cut-Down  
Your  
Marijuana  
Use**



1. Spend more time with friends who don't use.
2. Spend more time doing activities that don't involve marijuana, such as exercise, reading, shopping, etc.
3. Make a plan of how much you want to use & try to stick with it. Don't just try to 'smoke less'... add a number to it so it's easy to track your progress. Ex: if you smoke a gram a day, decide to only smoke half a gram.
4. Keep a written record of how much you smoke every day. This will help you monitor your progress & keep you motivated.
5. If you use marijuana to relax, try finding an alternative way to do so before using. Ex: go to the gym, go for a walk, do yoga, meditate, journal, etc.
6. Avoid situations where you know you will use heavily.



7. If you use daily, make a decision to start using later in the day. Ex: if you normally smoke at 5pm, decide to hold off until 8pm. If you delay your first use, you will be more productive & it will encourage you to get more stuff done during the day while sober.
8. Each time you have an urge to use, try waiting 10-30 minutes. Since you know you are going to use, this will be easy to manage. Several 20 minute delays in a week can add up to a good sized reduction in consumption.
9. Make a decision to take one or two days off per week. Start with taking one day off & add more days as you get comfortable with reducing.
10. If you use marijuana to relieve boredom, find a hobby or an alternative activity. Try joining a club on campus!
11. Tell your friends about your decision to cut down. Ask them to respect your wishes.



12. If you normally meet up with friends, try meeting up with them a little later or head home earlier than normal.
13. Be aware of withdrawal symptoms, including appetite changes, insomnia/sleep disturbances, headaches, cravings for marijuana, & increased feelings of depression or anxiety. These are usually mild & temporary, but severity depends on how long you have used & your frequency of use.  
**Don't get discouraged if you experience any of these!**
14. Reward yourself for successes. Ex: add up all the money you are saving by cutting back & use it to treat yourself/buy something fun!
15. Cutting down or quitting marijuana is no easy task & people often need support throughout the process. **It's okay to ask for help!** Reach out to CAPS or a support group such as Narcotics Anonymous or SMART Recovery for help.

