



## Learn 10 Tips to Help Beat Marijuana Addiction

### Description

If you find yourself severely reliant on marijuana and have formed an addiction, know that there are solutions to overcome it. If you're wondering how to overcome marijuana addiction, Sunflower Wellness Retreat has some advice and rules to help you. It is possible to recover.

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Here are five ways to help you maintain that promise to yourself and overcome your marijuana addiction:

## **Recognize That Withdrawal Might Occur**

You may also experience withdrawal symptoms like as cravings, headache, anxiety, perspiration, and irritability depending on how long you have been smoking marijuana. Keep in mind that these effects will fade as time passes if you do not utilize the medicine. The symptoms should be gone in a week or two.

## **Keep a safe distance from Marijuana Users.**

Keep a safe distance from marijuana smokers. It is a well-known fact that if you are in the company of smokers, you will be more inclined to smoke. Inform others that you have quit smoking and do not want to be tempted by it in order to assist yourself defeat your addiction.

## **Avoid Visiting Places Where You Used To Smoke Marijuana.**

You should also avoid places that make you want to smoke. The smell alone can make you want to light up again, so avoid places that make you want to smoke. Because it reduces your desire to smoke, this will make it easier for you to overcome your marijuana addiction.

## **Consider quitting one day at a time.**

You may feel overwhelmed if you begin to think about defeating your marijuana addiction in terms of stopping for good. Consider your recuperation one day at a time. Commit to staying clean only for that day each day. It makes quitting less intimidating and allows you to take charge of each day and scenario as they arise.

## **Start practicing meditation or yoga.**

If anxiety and stress are triggers that increase your want or need to smoke, practice a relaxation method such as meditation or yoga whenever you feel the urge to smoke. Many people use such strategies to relax their bodies and brains, allowing them to overcome their marijuana addiction.

## **Seek Marijuana Addiction Counseling**

Seeing a qualified therapist to smooth out any kinks in your mental or behavioral life is always a good idea. It is liberating to be honest and open with a stranger who can provide you advice and direction on how to overcome your marijuana addiction. Furthermore, a skilled therapist will help you overcome pressing concerns that you may have been stuffing or running from.

## **Make New Pals**

If your old buddies are still partying, make some new friends who do not use marijuana and can help you find new interests and hobbies to distract yourself from your marijuana addiction. There must be some cool folks out there looking for pals like you!

## Participate in a 12-Step Group

Attend a 12 Step Recovery Group and commit to working through the steps of quitting if you are fighting to overcome your marijuana addiction. You have the option of attending AA or NA. Get a sponsor and let him or her encourage and hold you accountable whenever you feel the want to smoke.

## Make a list of your reasons for quitting.

When you feel the need to smoke again, pull out that list to remind yourself of why you want to be free of marijuana. This can help to divert you when you have the need to smoke marijuana and will re-motivate you to quit smoking marijuana.

## Maintain Accountability

Tell someone close to you that you really want to stop using marijuana and ask them to hold you accountable. If you want to attend a 12 Step program, this can be your sponsor, or it can be a friend or family member. Accountability aids in keeping you on track!

### Category

1. Lifestyle

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