

# Cannabis and Anxiety

Cannabis and anxiety have had a long and somewhat complicated relationship. While research into how cannabis can help with anxiety is in its early days, it is important to understand some of the risks as well as the benefits of treating anxiety with medical cannabis in order to make an informed decision for what is right for each individual.

## Did you know...?

- Mental illness will impact all Canadian's - whether it is directly or indirectly
- 1 in 5 Canadians will experience mental illness directly
- 5% of households in Canada are affected by anxiety disorders
- Not all cannabis products produce an intoxicating effect
- Signs of anxiety include nervousness, irritability, restlessness, trouble sleeping, fatigue, trouble concentrating, and more.

Anxiety is one of the most common mental health concerns. Traditionally, healthcare practitioners have promoted a variety of tools to help manage symptoms, such as:



Over the past few years, we have begun to learn about the therapeutic benefits of medical cannabis. More and more patients are reporting using cannabis to relax and cope with the stress of their day to day lives. This improvement of anxiety through medical cannabis is contrary to what most of us may know from popular culture regarding the experience of using cannabis. The explanation for this is both simple and complex.

## Every user's experience with medical cannabis and how it interacts with their mind and body is going to be unique.

What complicates this notion is that there are a wide variety of cannabis products, from a variety of sources, all with varying strains and levels of CBD and THC, that will all interact quite differently from person to person. This can make the process feel both overwhelming and confusing.

**Starseed Medicinal** and their affiliated healthcare clinic, North Star Wellness, are here to help myHSA clients navigate this new world of medical cannabis.

**“ Medical cannabis patients are not looking to get high. They are looking to get well. ”**

- Dr. Peter M. Blecher - Starseed Chief Medical Officer

## Incorporating Medical Cannabis Into Your Treatment Plan

It is always recommended to consult a licensed healthcare practitioner to assist you with this journey. Along with medical guidance, individuals may want to also consider the following:

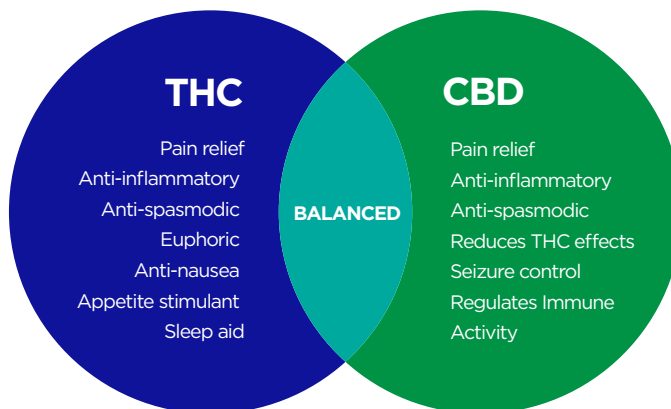
**Know Your Source:** Always ensure you are purchasing cannabis from a licensed medical cannabis producer (LP).

**Educate Yourself:** It is essential to know about cannabis compounds, especially THC and CBD, and how they work.

**Pace Yourself:** Everyone responds to cannabis differently, so it is always recommended to 'start low and go slow'.

**Record How You Feel:** Many patients find it helpful to keep a record of their medical cannabis experience in a journal.

### THC and CBD: Know The Difference



**THC** is the intoxicating cannabinoid that is often associated with the feeling of being "high". In some patients, THC has been known to contribute to calming and anti-anxiety effects, however in others THC can contribute to negative symptoms which increase anxiety.

**Balanced** strains contain varying levels of both CBD and THC. These strains can allow patients to experience the therapeutic benefits of both cannabinoids, and lessen unwanted side effects.

**CBD** is the non-intoxicating cannabinoid and has demonstrated anti-anxiety properties. When CBD is administered with THC, it can 'undo' the unwanted anxiety inducing effects.

**myHSA has partnered with Starseed Medicinal as our preferred supplier of medical cannabis**

If you are interested in learning more about the benefits of medical cannabis and how you can introduce this to your clients:

**visit [starseed.com](https://starseed.com) or email [partners@starseed.com](mailto:partners@starseed.com)**