



Cannabasics

Understanding Consumption



The primary reasons people consume cannabis (and other substances):

01 // Feelings of Well-Being 02 // Self-Medication 03 // Performance 04 // Discovery



01 //

FEELINGS OF WELL-BEING

In some cases, people consume cannabis to increase feelings of well-being. Many people feel that cannabis products provide feelings of relaxation, satisfaction, and happiness as well as a means for socialization or spiritual and cultural expression.



02 //

SELF-MEDICATION

Some people choose cannabis as a way to self-medicate. People may consume cannabis to reduce social anxiety or stress, or to reduce symptoms associated with trauma or depression.



03 //

PERFORMANCE

People may consume cannabis to be more productive or perform better in certain tasks. Some people believe that cannabis consumption helps them to be more creative.



04 //

DISCOVERY

In some contexts, people may consume cannabis to explore and discover. Some people believe cannabis can offer new experiences, feelings or insights they could not find otherwise.