

Weed Free January

In the article *Time for a Weed Free January? How Cannabis Users Could Benefit from a 'Dry' Month*, Hammond (2024) introduces Dry January, a popular, month-long, alcohol abstinence challenge, which originated from the United Kingdom in 2012 (Hammond, 2024) and gives a chance for users to start their year off with healthy habits. Dry January has inspired a similar trend for cannabis users called "Weed Free January", given that approximately one in four Canadian adults use cannabis and around 25% of users consume it daily (Hammond, 2024), which has been proven to cause many health consequences, a month-long abstinence offers many benefits. These include resetting tolerance, a clearer mind which improves cognitive function, reducing lung and heart risks such as respiratory diseases, developing new healthy habits like sports or reading (Hammond, 2024), and saving money as frequent use can be expensive. Additionally, it offers reflection on the user's dependability on cannabis, Hammond (2024) states that if it feels almost impossible to go through a month-long abstinence, it might be time to seek professional help regarding the addiction. Hammond (2024) makes an exception for medical cannabis users, advising them to speak to their health professional before joining in on the challenge. Although daily users might find Weed Free January difficult, it may lead to long-term health benefits and encourage healthier habits throughout the year. By taking a temporary break, this gives the chance for users to assess their relationship with cannabis, potentially reducing negative effects while improving overall well-being.

REFERENCES

Hammond, D. (2024, January 10). *Time for a weed-free January? How cannabis users could benefit from a 'dry' month*. The Conversation. <https://theconversation.com/time-for-a-weed-free-january-how-cannabis-users-could-benefit-from-a-dry-month-220851>