

# Managing Withdrawal Symptoms

People who have been using cannabis heavily over a period of time sometimes experience some withdrawal symptoms when they stop. Withdrawal is typically relatively mild and short-term.

The most common symptoms are:

- Irritability
- Urges to smoke – cravings
- Anxiety
- Depression
- Anger
- Confusion

The physical symptoms may include:

- Sleep problems
- Restlessness
- Loss of appetite
- Tremors
- Night sweats
- Diarrhoea

Even though these symptoms may be uncomfortable they are not dangerous and will pass.

Withdrawal symptoms can be seen as positive signs. They actually show that the body is recovering and re-adapting to being no longer dependent on cannabis. They are short term and it is impossible for them to persist for a great length of time – most will gradually resolve within 7-10 days.