

Already Using? Top 5 benefits to living pot-free:

1. Improved lung functioning
2. Improved sleep and ability to dream
3. More stable mood
4. Improved memory and clarity in thinking
5. Better chances for healthy children

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Seeing Through the Smoke



The recent legalization of marijuana in several states, including Michigan, has been big in the news of late. Here in the United States, we seem to be taking an increasingly relaxed stance on marijuana use, at least as evidenced by changes in the law brought about by American voters. But putting aside changing laws and cultural mores, it's worth taking an objective look at the effects of marijuana use and the dangers of being under the influence while at work or behind the wheel.

According to the National Institute on Drug Abuse, marijuana use does negatively impact driving. "Marijuana significantly impairs judgment, motor coordination, and reaction time, and studies have found a direct relationship between blood THC concentration and impaired driving ability." (NIDA)

There does appear to be a relationship between marijuana use and an increase in workplace accidents. "Studies have also suggested specific links between marijuana use and adverse consequences in the workplace, such as increased risk for injury or accidents." (NIDA)

While marijuana is used recreationally and medically to treat pain, users experience a variety of different effects, not all of them pleasant. Some people experience increased levels of anxiety, fear, and paranoia when under the influence of marijuana. Moreover, there is evidence which suggests a link between marijuana use and an increased risk for mental health disorders.

If you have additional questions about marijuana and its effects, or if someone's marijuana use is bothering you, call the Life Advisor EAP and speak to one of our consultants today. We can answer questions, provide feedback and guidance, and locate appropriate community resources.