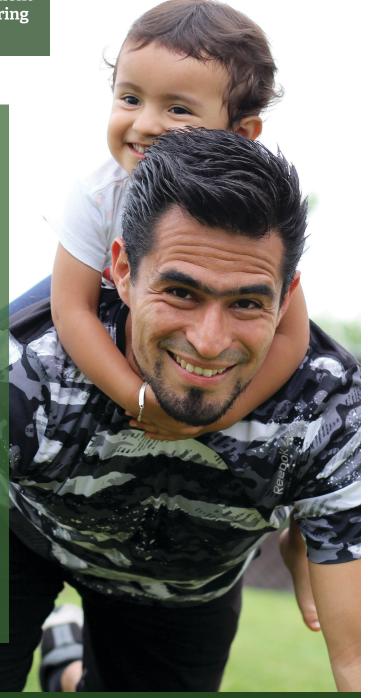
## PTSD & Cannabis

Living with PTSD can bring intense stress, anxiety, and intrusive memories that impact daily life. For some, cannabis has become a therapeutic option to help manage these symptoms. If you're exploring treatment options for PTSD, here's how cannabis could help bring balance back into your life.

- Reduces Anxiety and Stress: The THC and CBD in cannabis may have calming effects on the mind, potentially easing the anxiety common in PTSD.
- Eases Traumatic Memories: Cannabis
  may reduce the intensity and frequency of
  flashbacks, making difficult memories feel less
  overwhelming.
- Improves Sleep Quality: Cannabis may promote deeper, more restful sleep, helping to alleviate insomnia and nightmares that often affect those with PTSD.
- Enhances Mood Stability: Cannabis may help regulate mood swings and depression, supporting your emotional balance.
- Aids in Therapy Sessions: Cannabis may help individuals feel calmer while discussing difficult topics during therapy.

Work with your healthcare provider to achieve the best results from your cannabis therapy.





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