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How CBD Can Help with Anxiety During This Pandemic

COVID 19 has drastically changed the world in so many ways. It was a pandemic that nobody saw coming, and things were no longer the same in the blink of an eye. Due to the lockdown restrictions, people have lost their jobs, loved ones, financial stability, and freedom. It's no surprise that this pandemic triggered a surge in mental health issues.

Indeed, life has been hard for most of us during this uncertain time as COVID-19 cases and fatalities increase daily. Because of the increased uncertainty and the constant shifting of information about the virus, people have become anxious about the future as they see no end in sight to the pandemic. People are now experiencing changes in behaviours, thoughts, and feelings due to vulnerability to the virus, financial situation, concern for their own and loved ones' safety, and social media stigma.

According to a Statistics Canada [survey](#), one in every five Canadian adults (21%) screened positive for at least one mental disorder. The survey showed that 13 percent of Canadians experienced generalized anxiety disorder, characterized by excessive, ongoing anxiety and worry.

Anxiety should be addressed immediately. If not, it can lead to mental health issues such as depression and suicidal ideation.

A Solution to Anxiety

The most common approach to dealing with anxiety is to seek advice from a psychiatrist, which may require a person to travel and open up about their fears. However, some people are not comfortable being in this kind of situation and may prefer to solve their problems on their own. CBD or cannabidiol, can treat anxiety with its numerous uses, providing the user with a sense of relaxation and convenience. CBD for anxiety could be a viable option for those seeking cheaper but effective treatments.

What is CBD?

CBD is a compound from the Cannabis sativa plant. It is commonly used in creams, [oils](#), and [edibles](#) to bring calmness and relaxation. While the compound is from the cannabis plant, it does not make a person high. CBD products contain almost no THC (tetrahydrocannabinol), the psychoactive compound that produces the "high" effect in marijuana.

Cannabidiol is widely used to treat various medical conditions, including depression and anxiety, without causing any adverse side effects. CBD users claim that it calms them down because it interacts with receptors to lower their heart rate. According to reports, it can also cure certain seizures, chronic illnesses, osteoporosis, and cancer. Medical experts have given CBD to patients who prefer herbal treatment, which is less expensive and has the same efficacy as conventional medicine.

CBD, unlike THC, does not readily bind to cannabinoid receptors, but it can interact with the body's endogenous cannabinoids (ECS), which aids in immune and digestive system homeostasis. This benefits the person's health and increases their appetite. The substance can also affect a person's blood level, similar to grape juice but with broader medical implications.

The substance's effect may differ from one person to another depending on how the body reacts. But, based on previous observations, it would not cause harm or any abnormalities. Its capability can encompass a broader area in the field, as evidenced by extensive research and the use of cannabidiol. It's possible to cure more diseases, and you can even combine it with other substances to achieve the desired effect.

How can CBD cure anxiety?

Several studies have demonstrated that cannabidiol (CBD) is effective in the treatment of anxiety disorders. It works by interacting with brain receptors and modifying serotonin levels in the body to alleviate anxiety.

[Serotonin](#) is a hormone produced by neurons in the midline of the brain stem, also known as serotonin-producing neurons. The body requires a certain level of serotonin because too little can cause depression, and too much can cause uncontrollable cell activity.

The body uses serotonin for specific reasons:

1.Mood

Serotonin regulates mood, emotions, happiness, and anxiety. Thus, a low level of serotonin is associated with depression, whereas a high level may affect sexual activity by decreasing arousal.

2.Sleeping

Serotonin stimulates the brain, causing it to sleep and wake up. This means that a person's sleeping time is determined by their serotonin levels.

3.Blood Clotting

When a person is injured, serotonin is released. Hormones stimulate the arteries, which are in charge of blood clotting.

Antidepressants are frequently used to treat anxiety by regulating serotonin levels. Thus, CBD has a similar effect to antidepressants and anti-anxiety medications.

Research on CBD for treating anxiety

There has been numerous [research](#) regarding the use of CBD for anxiety. In a recent study published in the Journal of Cannabis Research, researchers discovered that CBD-rich treatment has a positive effect on pain, anxiety, depression symptoms, and overall well-being.

In a 2019 study published in the Brazilian Journal of Psychiatry, researchers used CBD for anxiety in human subjects. CBD's anti-anxiety effects were assessed using a psychological test and the Visual Analog Mood Scale (VAMS). The researchers discovered that subjects given a specific amount of CBD had less anxiety than those given too little or too much CBD, implying that the correct dosage of CBD reduces, if not cures, anxiety.

Conclusion

Now that we do not yet see the light at the end of the tunnel for this pandemic, it's essential to address its effects on everyone's mental health before more lives are taken not by the virus but by our thoughts. People often ignore a person's mental state, assuming that everything will be fine until it's too late to save them. You can use [CBD products](#) to help you calm down if you are experiencing a surge of negative thoughts.

Using CBD for anxiety may not be available or legal in some countries since practitioners do not consider its health benefits. However, research has already suggested that CBD has health benefits, addressing both physical and mental pain. Many patients have used CBD to cure their anxiety and allow them to live normally without worrying too much.

The fight to stop the COVID-19 pandemic is far from over. People must be equipped with a stable state of mind, a healthy body, and correct knowledge to withstand the virus and its harmful effects.