

Mindful Consumption and Benefit Maximization

Mindful Consumption

Making thoughtful choices
before deciding to use, buy
or consume something

Benefit Maximization

Getting the most of what
you can from something
which typically includes
the positive, therapeutic
or pleasurable aspects

MCBM encourages people to make informed decisions before consuming with the goal of enhancing positive effects and minimizing negative ones.

The following questions could be explored before deciding to consume:

Who can I rely on if I need help?
What will I be consuming? How much?
What do I hope to get out of this experience?
Where will I be consuming?
When will I be consuming?
Why am I consuming?
How will I be consuming?