

Mindful Consumption and Benefit Maximization

Mindful Consumption

Making thoughtful choices before deciding to use, buy or comsume 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?

Bear D, Hosker-Field A, Westall K, D'Alessio H, Cresswell M. Harm reduction isn't enough: Introducing the concept of Mindful Consumption and Benefit Maximization (MCBM). Int J Drug Policy. 2025;138:104514. doi:10.1016/j.drugpo.2024.104514