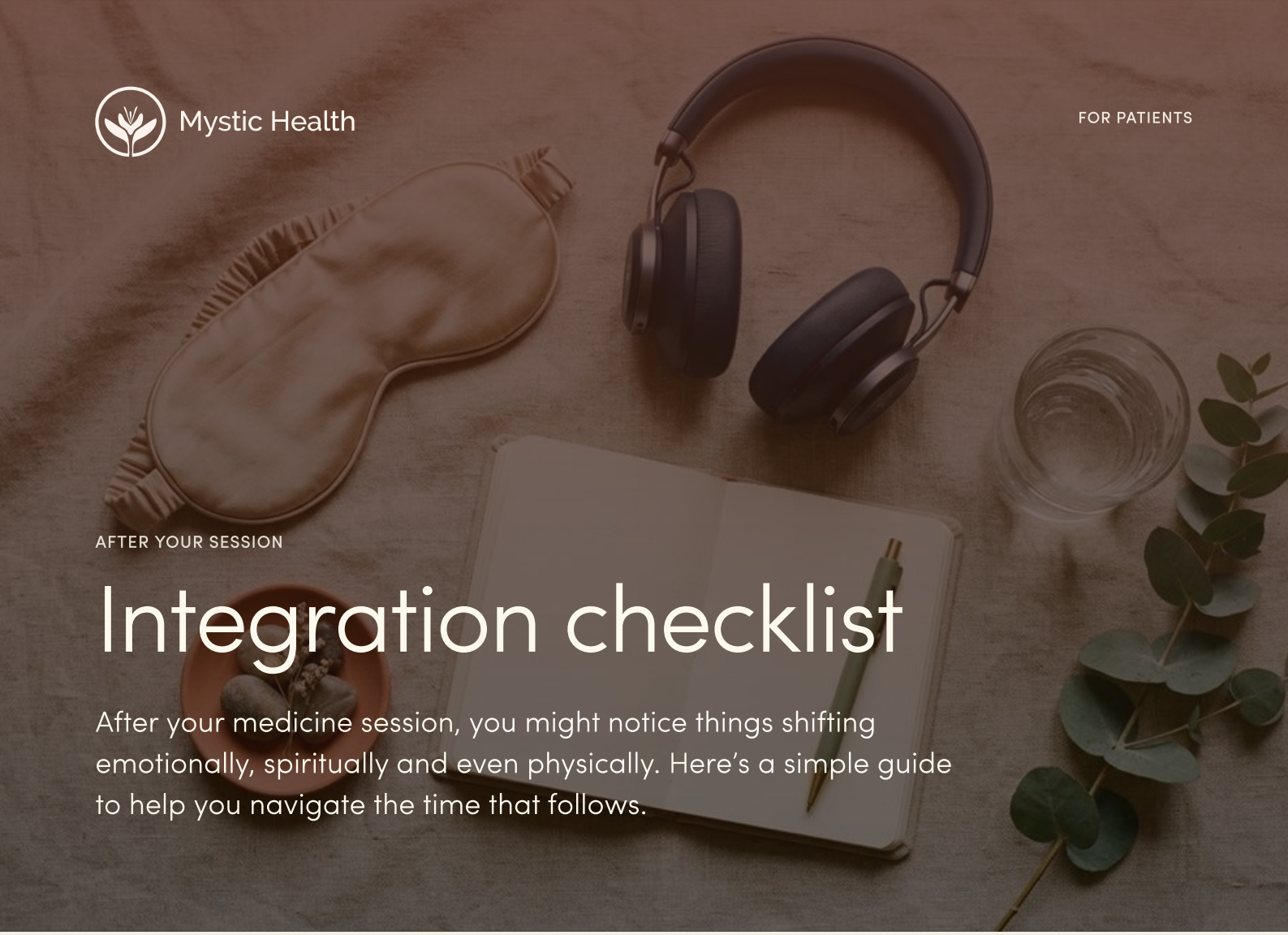


AFTER YOUR SESSION

Integration checklist

After your medicine session, you might notice things shifting emotionally, spiritually and even physically. Here's a simple guide to help you navigate the time that follows.

01 REST

Take it easy

Keep your week light. Stick to your normal routine, but avoid adding extra plans.

If you can, avoid work and stressful tasks on the day of your session.

The day should feel as easy and spacious as you can make it. Give yourself time and space to process your experience.

02 REFLECT

Respect your experience

Your journey is personal and special. Be mindful of how, and with whom, you share it.



03 REFLECT

Write yourself a letter

Write a letter to your future self to read the next morning, as a reminder of the insights from the day before.

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04 FEEL

Ride the emotional waves

Expect mood swings: openness, vulnerability or even irritability can come and go.

You might feel a little “off”, or even childlike at times. It’s part of the process and will pass.

If memories or flashbacks come up, let them flow. Reach out for help if they feel overwhelming.

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05 PAUSE

No big decisions

Avoid major life changes, like quitting a job or making relationship shifts, for now.





06 GROUND

Grounding activities

Grab a journal and write whatever comes up, with no need for grammar or structure. Just let it flow.

Express tough emotions on paper by drawing or doodling, then create something calming or hopeful afterwards.

Meditate by sitting quietly and focusing on your breath or the feeling of the earth beneath you. If it's hard to close your eyes, pick a soothing object to look at while you breathe.

Go for a walk, run or swim, whatever feels good and gets your body moving. Movement can help process emotions.

Take time to relax: a warm bath with oils, calming music, or a nap.

07 NOURISH

Take care of yourself

Spend some quiet time alone to recharge.

Eat nourishing meals that feel grounding.

Connect with nature: walk outside, focus on the trees, or just breathe in fresh air.



08 CONNECT

Stay connected

Talk to a close friend who understands and can hold space for you.

If you're feeling unsettled, reach out to your therapist or plan to talk during your integration session.







09 CONNECT

Communicate at home

Be open with your family, partner or support system about how you're feeling and what you need, emotionally or physically.

Remember, this time is for you to reflect, process and care for yourself. Be patient; it's all part of the journey.

10 SUPPLEMENTATION SUGGESTIONS *

- Mindful hydration
- L-theanine in the daytime
- Magnesium L-threonate and magnesium glycinate in the evening





*Please verify with HCP. None of these supplements interfere with current medication or health condition

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