



Psilocybin Aftercare and Integration Resources

Aftercare Recommendations

In the days following a psilocybin journey, it's common to experience a dip in mood or energy. Your brain has temporarily used up many of the neurotransmitters that help you feel good, and it can take 48–72 hours for your system to naturally rebalance. This phase is completely normal — it's your body integrating, restoring, and finding equilibrium again.

During this window, gentleness is key. Prioritize rest, hydration, and nourishment. Support your body with vitamins, electrolytes, and healthy foods. A warm bath soak can help release tension, and a slow walk in nature can reconnect you to your breath and the rhythm of the world around you.

If feelings of sadness or emptiness arise, try setting a gentle container for them — maybe ten minutes with a journal, soft music, or simply being present with what's there. Let the emotions move through without needing to fix or analyze them. When the timer ends, offer yourself care: a hug, a bath, a favorite snack, or time under a blanket.

After tending to your emotions, invite yourself into small, doable actions — simple household tasks, making a cup of tea, or stepping outside for fresh air. These grounding activities help signal safety to your nervous system and remind you that life continues to hold you as you integrate what's unfolded.

What is Psychedelic Integration?

Psychedelic Integration is a process of taking profound realisations from expanded states of consciousness and embedding them into daily life. The goal is to engrain fresh perspectives as lasting positive changes.

Psychedelic- assisted therapy is not a panacea for mental illness, nor does it permanently rewire the brain. However, research indicates they may open neural pathways and windows of insight that can enable real, lasting change for those willing to strengthen new patterns of thinking and behaviour after a psychedelic experience. This integration work is essential; without concerted, continued effort to ingrain emerging perspectives, the mind may revert to previous state of being.

Rather than a fixed outcome, psychedelic integration is an ongoing process of renewal that sustains personal growth long after psychedelic sessions conclude. Skilled integration supports a person to translate these experiences into lasting changes into their life.

Integration Guides & Literature

- **Psychedelic Integration Handbook – Ryan Westrum**
Focused on integration across substances, with many tools applicable to psilocybin.
[Buy on Amazon](#)
- **The Psilocybin Mushroom Bible – Virginia Haze & Dr. K. Mandrake**
Great for understanding cultivation and sacred use of psilocybin mushrooms.
[Buy on Amazon](#)
- **The Psychedelic Explorer's Guide – James Fadiman**
A classic text including microdosing and high-dose preparation/integration.
[Buy on Amazon](#)
- **Your Psilocybin Mushroom Companion – Michelle Janikian**
Friendly, accessible guide for preparation and integration.
[Buy on Amazon](#)

Find a Psilocybin Integration Practitioner

- [Psychedelic.Support](#)
Search for integration therapists with experience in psilocybin-specific work.
- [MAPS Integration List](#)
A curated list of therapists and practitioners offering post-experience support.

- [Hakomi Institute](#)
Excellent for somatic integration, especially if you experienced intense emotional or bodily release.
 - [Portland Psychedelic Society](#)
Local practitioner directory, integration circles, and psilocybin-specific events in Oregon.
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Integration-Focused Therapy for Psilocybin

- **Trauma-Informed Talk Therapy**
Especially helpful for processing past memories or insights surfaced during a trip.
 - **Somatic Experiencing / Hakomi Method**
Body-based modalities that work well with the embodied insights psilocybin can bring.
traumahealing.org
 - **Internal Family Systems (IFS) Therapy**
Psilocybin often surfaces “parts” work. IFS is great for exploring inner voices, wounded selves, and patterns.
[IFS Institute](#)
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Mind/Body Integration Practices

- **Meditation**
Apps like **Waking Up**, **Insight Timer**, or **Mindfulness with Tara Brach** help reinforce clarity.
- **Yoga / Movement**
Embody lessons, release stored emotion, and connect physically to insights. Listening to the wisdom of the body’s senses makes embodied integration complementary to mental psychedelic journeys. Somatic practices empower integration by unifying body, mind, and spirit after expansive psychedelic experiences. Examples include: Expanding self-awareness through movement, dance, yoga, meditation, and breathwork helps ground profound experiences.
- **Breathwork**
Breathwork is a direct way to regulate and reset the nervous system, helping the body release lingering tension or emotional charge from a journey. Because the breath connects deeply with both physiology and emotion, it allows processing that goes beyond words—unlocking insights or feelings stored in the body.

- **Sound baths**

Sound baths support psychedelic integration by calming and regulating the nervous system, which can still carry heightened energy after a journey. Their resonant tones also create space for nonverbal processing, allowing emotions, sensations, or insights to move through the body without needing language. In addition, the trance-like states sound baths evoke mirror aspects of the psychedelic experience, offering a gentle bridge between expanded awareness and everyday life.

- **Float Tanks**

Promote nervous system reset and space for processing nonverbally.

[Float Research Collective](#)



Community & Support Groups

- **Psychedelics in Recovery**

12-step community that supports intentional psychedelic use in sobriety.

[psychedelicsinrecovery.org](https://www.psychedelicsinrecovery.org)

- **MeetUp / Eventbrite**

Look for “Psilocybin Integration Circles” or similar events in your city.

- **Facebook / Reddit**

- **r/PsilocybinMushrooms** – Discussion, cultivation, harm reduction
 - **r/PsychedelicTherapy** – Therapeutic processing and integration
 - **Facebook:** Psilocybin or psychedelic integration communities
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Psilocybin-Specific Self-Care Tools

- **Journaling**

Recording thoughts, emotions, wonderings and insights can help with the integration processes. A psychedelic integration journal is a personal way to process insights from your experience. The key is finding meaning that applies to your life. Once you identify key themes and revelations from your psychedelic session, revisit these lessons often. By regularly reflecting on these insights, you can begin applying them to your day-to-day life.

- **Examples** may include more traditional journaling, making voice notes, a dream journal, writing a letter to yourself or other, or using prompts from a pre-structured integration journal or workbook (there are lots out there-look for one that aligns with intentions. Ex: [The Journey Within Journal \(free PDF\)](#), or [Psychedelic Integration Journal](#))

- **Art Therapy**
Paint, draw, or collage what came up during your trip—no art skills required.
 - **Nature Immersion**
Return to the environment that psilocybin often connects us with. Hike, swim, walk barefoot.
 - **Music Therapy**
Revisit the playlist you journeyed with or explore post-journey soundscapes.
 - **Rest, Nourishment & Hydration**
Psilocybin work is energy-intensive. Give your body what it needs to recalibrate.
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Hotlines & Peer Support

- **Fireside Project – Psychedelic Peer Support Line**
Call or text for real-time support during or after a psilocybin experience.
62-FIRESIDE (623-473-7433)
firesideproject.org
 - **Zendo Project**
On-site support at festivals/events and helpful integration content.
zendoproject.org
 - **U.S. Crisis Lines**
 - a. **988 Suicide & Crisis Lifeline**
SAMHSA Helpline: 1-800-662-HELP (4357)
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Psilocybin Resources for Veterans

- **Heroic Hearts Project**
Offers psilocybin and ayahuasca retreats with integration support.
heroicheartsproject.org
- **The Mission Within**
Provides psilocybin therapy for veterans healing from PTSD.
themissionwithin.org
- **VETS – Veterans Exploring Treatment Solutions**
vetsolutions.org

