



# Psilocybin & Integration Resources

## Practical Applications, Tools & Resources

### Basic Tools

- Breathwork & Exercise
  - [Breathwork For Beginners](#)
  - [Box Breathing Exercise](#)
  - [20 Minute Workout \(No Equipment\)](#)
- Meditate ('sit' with the experience)
  - [Relaxation Practice: Body Scan](#)
- Discuss your experience / Talk with someone you trust.
- Write or Journal for yourself
  - [Science-Supported Journaling](#)
    - Use creative expression (painting, gardening, physical movement/exercise).
    - Have a plan to "Operationalize" your insights.
    - Utilize a group, community, or professional to continue integrating.

# Resources & Aftercare



## [Portland Psychedelic Society](#)

Portland Psychedelic Society is a volunteer-run community-based 501(c)(3) nonprofit that exists to create inclusive space for psychedelic integration, education, and community building.



## [MAPS](#)

The Multidisciplinary Association for Psychedelic Studies is an American nonprofit organization working to raise awareness and understanding of psychedelic substances.



## [Psychedelics In Recovery](#)

Psychedelics in Recovery is a fellowship of people in 12-step programs who also have an interest in psychedelics and/or plant medicines as an aid to our recovery.



## [The Fireside Project](#)

The Fireside Project is a non-profit that provides a psychedelic support line for emotional support during, and after a psychedelic experience, as well as access to resources and safety practices.



## [Zendo Project](#)

The Zendo Project offers professional harm reduction education to communities and organizations, and provides peer support services at events to help transform difficult psychedelic experiences – and other complex emotions – into opportunities for learning and growth

# First Responder Resources



[First Responder Psychology](https://www.firstresponderpsych.com): (971)727-5769

12725 SW Millikan Way, #300 Beaverton, OR. 97005

Email: Dr. Stephanie Cann - [firstresponderpsych@gmail.com](mailto:firstresponderpsych@gmail.com)



[Firefighter Behavior Health Alliance](https://www.firefighterbehavioralhealthalliance.org)

The mission: To collaborate, develop, and implement behavioral health awareness, prevention, intervention, and post-crisis strategies to provide firefighters with an easily accessible and confidential source of information.



[All Clear Foundation](https://www.allclearfoundation.org)

committed to providing career and volunteer Emergency Response communities with an easily accessible and navigable system of support tools that improve their life expectancy and wellbeing— from hire through retirement.

# Veteran Resources

- **Portland VET Center:** (503)688-5361
  - 1505 NE 122nd Portland, OR. 97230
  - Offers confidential Veterans at no cost in a non-medical setting. Services include counseling for depression, PTSD, and MST. They can also connect you with more support in the VA/community.
- **24/7 Veteran Combat Call Center:** 877-WAR-VETS (877-927-8387)
  - Talk with another combat Veteran
- **Veterans Crisis Line:** Dial 988 then press 1, or text 838255.
  - <https://www.veteranscrisisline.net/> - to chat online.
- **VETS:** <https://vetsolutions.org/>
  - Psychedelic Integration and Aftercare: [Resources.vetsolutions.org](https://resources.vetsolutions.org)
  - Offers a comprehensive list, and free online classes about all things psychedelics.
- **City of Portland** - [Veteran Resources](#)
- **Portland Psychedelic Society** - [Veterans Psychedelic Discourse](#)
  - Meets 3rd Sunday of every month.

# Practices For Self-care & Integration

## Movement

- Yoga
- Kundalini yoga
- Qi Gong
- Dancing
- Exercise Routines

## Nature Based

- Forest bathing
- Focusing on natural elements
- Nature hikes
- Gardening

## Reflection

- Gratitude journal or listing everything you are grateful for
- Light a candle of intention
- Make an offering in appreciation
- Create an altar that symbolizes your intentions or journey

## Relaxation

- Take a hot bath
- Take a cold shower
- Float tanks (sensory deprivation)
- Deep rest
- Walk in nature

## Therapy

- Community support groups or friends
- Psychotherapy (individual, couples, group)
- Music/Art therapy
- Somatic bodywork

## Creative

- Journaling
- Writing or reading poetry
- Art
- Singing or playing an instrument

## Mindfulness

- Meditation
- Mindfulness practices
- Compassion meditations and exercises
- Breathing exercises
- Sound baths
- Music therapy
- Chant or mantra repetition

## Digital Tools & Apps

[Waking Up](#)

[Calm](#)

[Headspace](#)

[Insight Timer](#)

[Aura](#)

[Noom](#)

[MyFitnessPal](#)

[Muse EEG](#)

[Ten% Happier](#)

[Mindfulness Coach](#)