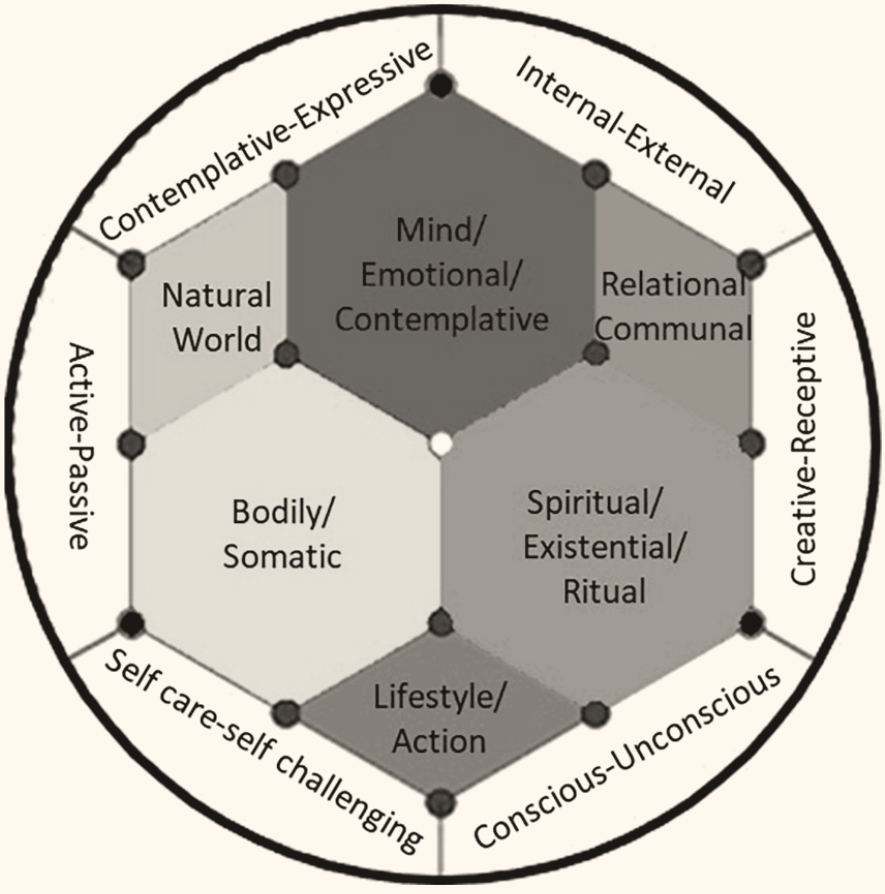
PSYCHEDELIC INTEGRATION

A framework + practice map for bringing the experience into daily life



USE THE WHEEL AS A MAP. Not a checklist. Notice what wants attention; choose one or two practices that fit.

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Source: Bathje, Majeski & Kudowor (2022), Frontiers in Psychology 13:824077 · Figure 1 + examples adapted from Table 2

WAYS TO WORK WITH WHAT CAME UP

Circle, underline, add your own. Small + repeatable counts.

Artistic / Creative	Drawing · painting · creative expression
Music / Singing	Listen or play · sing / chant · drum
Movement / Somatic (mind + body)	Yoga · dance · walking / hiking
Diet / Health	Healthy diet · fasting
Quiet Time / Downtime	Reflection · rest · reading
Journaling	Free-write · dream journal
Therapy / Mind Focus	Psychotherapy · parts work (IFS) · values into action
Meditation / Mindfulness	Mindfulness · meditation · body scan / breathwork
Nature	Time outside · nature walk · horticulture
Creating Space / Ritual	Altar / sanctuary · clean / organize · nourish your space
Spiritual / Existential	Intention · gratitude · prayer / inner listening
Dreamwork / Symbolic	Dreamwork · symbols · metaphors in nature
Community / Activism	Community support · service / volunteering · activism
Relational / Interpersonal	Boundaries · reach out · sharing circle / loved ones

WHAT ELSE BELONGS HERE FOR ME?