

Navigate Wellness- Journey Day Checklist

Journey Day Essentials

- No Alcohol
- Only CLEARED medications before session
- No caffeine, stimulants, or benzodiazepines the day of the journey.
- No food 3 hours before treatment
- No beverages 1 hour before session
- You MUST have a safe ride home, ideally with an individual that is non-triggering (rideshare is okay)
- Blood pressure measured upon arrival (< 150/ 90 mm Hg)

What To Bring

- Bring your medicine
- Wear comfortable clothes and socks
- Cozy blanket (there is one available on site, but clients love to bring their own)
- A healthy snack for after the session
- Eye masks will be provided at the session
- We ask that all phones and smart watch type devices be put on silent and removed from the body
- Any notes you have taken or journaled since your prep session with your facilitator

Mental Preparation

- Take time to rest, meditate, journal, relax, and walk outside.
- Visualize images that bring you a sense of calmness and grounding
- Reflect on your prepared aspirations, affirmations, and contemplations
- This is your day to Navigate the waters of yourself
- Relax, be compassionate to yourself, release expectations, and enjoy your journey experience
- Remember that ketamine therapy is not a cure-all but simply a catalyst

After The Journey

- Clients may experience momentary blurred vision
- Surround yourself with a support system if feeling vulnerable
- Immersion in nature, journal, listen to calm music
- If possible, take a nap and rest
- Hydrate and drink plenty of water
- Stay away from tobacco, alcohol, and any other drugs for the day
- Maximum efficacy is achieved when individuals fully commit to the integration work.
Remember, you get out of it what you put into it

· NOTE: Feeling ineffable or confused following a medicine journey is normal - Navigate Wellness promotes *integration* in which a client takes the information gained during their journey and incorporates it into their daily life. This timeline and integration processing is unique to each client and their personal journey.