How I found my psychedelic sweet spot

Using Stats & Graphs in R

Ahnjili
How did I do it?

Before
- Baseline mood & attention
- Drug
- Dose
- Environment

During

After
- Mood & Attention:
  - 1 hour after
  - 1 day after
  - 1 week after
- Add data in excel!

Enjoy!
Good Trip, Bad Trip?

My Trip:
Outcome
Where is my mind during my trip

My Trip:
Mindfulness
My Trip: Anxiety & Dose
SET:
Self Esteem
My Current Research

- LSD
- Ritalin
- Mindfulness

R Studio

Cognitive Flexibility
SET:
Anxiety & Intent
SETTING:
Mindfulness & Company
SETTING:
Attention & New Environment
RESETTLNG: Life Orientation
Resetting: Well-Being
SET:
• Important: Self Esteem & Intentions
• Not so important: Responsibilities

SETTING:
Important:
Both Physical & Social Environment

RESETTING:
• Elevated mood and positivity the following day
• Less mental energy

What have I learned?
My Personal Research

- 2CB
- Cannabis
- Ketamine
- LSD
- Shrooms
- Ritalin

R Studio

- Attention
- Anxiety
- Depression
- Life Orientation
- Mindfulness
- Self Esteem
- Well-Being
Want to try it out yourself?

Shoot me an email:
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Why?

Love for Data!
Data: The engine that drives curiosity and research

Causal Analytics:
Identify the strength of each factor!

Forecast Analytics:
Predictive & Preventive
Why?

- **Love for Data!**
  Data: The engine that drives curiosity and research

- **Causal Analytics:**
  Identify the strength of each factor!

- **Forecast Analytics:**
  Predictive & Preventive
**FACTORS**

**SET:**
- Mindfulness
- Mood
- Intentions

**SETTING:**
- Physical Environment:
- Social Environment
SET:
- Thoughts
- Mood
- Expectations
- Stress

SETTING:
- Physical Environment
- Social Environment

RESETTING:
- Thoughts
- Mood
- Cognition
- Energy levels

FACTORS
Baseline mood & attention
Drug
Dose
Environment

Enjoy!

Mood & Attention:
1 hour after
1 day after
1 week after
Add data in excel!

How did I do it?