

These recommendations should help you maintain the benefits of ketamine treatments. You have permission from Dr Allison Wells to do them and you can tell people that you have doctors orders to do so.

Sleep at least 6-8 hours a night, but not much more than that.
Sleep in a very dark, cool (68-72 degree), and quiet room.
Avoid napping and electronic devices after 6pm.
Avoid caffeine after noon and avoid heavy meals after 7pm.
Have a bedtime routine with warm shower, light snack and quiet reading in the hour before bed.

Eat mostly unprocessed, colorful foods and avoid sugary beverages.
Take Vitamin D3 and Omega 3 oils daily.
Magnesium and zinc appear to work in similar areas of the body as ketamine, and possibly in similar ways.
Magnesium glycinate 400mg nightly and zinc 30mg daily with a meal are highly encouraged.

Spend time outdoors - at least 30 minutes a day, preferably walking.
Spend time with children and pets, or friends and family who make you joyful.

Avoid TV, video games, newspapers, talk radio, and news shows on TV.
Avoid depressing or sad movies and books.
Avoid people, places and things that make you unhappy, even if they are family and friends.

Read comics, watch comedies, and find websites that you find funny.
Try to laugh at least once a day and look for things that might be funny.
Share what you find funny with someone else at least once a day.

Consider buying yourself potted plants and caring for them, or a fish if you prefer.

Start meditation. Try to do 10 minutes a day. There are really good (free) apps and youtube videos with great guided mediations.

Some important notes:

These recommendations aren't meant to be exhaustive and should not take the place of direction from your doctors regarding your specific conditions and treatments.

Improving severe psychiatric symptoms can be really tough. Often you are working against years and years of symptoms and associated habits. Some of these recommendations may seem trivial and some may seem impossibly challenging. Do what you can. As part of a concerted effort to improve your mental health they should help.