HOW MICRODOSING HELPED MY PRODUCTIVITY, MOOD & SOCIAL ANXIETY

A 12-MONTH EXPLORATION
Why Microdosing: Is It Possible to Take Regular Microdoses to Maintain Benefits of Moderate Doses? And if So, Which Dose?

After 8 months of rapid-fire exploration of various psychedelic substances taken at moderate, "therapeutic" doses, I wanted to explore the possibility of keeping the benefits over the long-term and minimize disruption in my weekly routine. Benefits include: Mood elevation, social confidence, connectedness, and productivity on high-importance, low-urgency tasks.
To track subjective effects of psilocybin microdoses, I controlled the dose and quality of mushroom using a kitchen scale, emailed time-stamped notes to myself throughout the day, and retroactively quantified several factors. The 3 most important:

(a) social anxiety
(b) mood
(c) productivity
MICRODOSE EXPLORATION: PART ONE OF FOUR

Miniscule doses: brighter days

Dose: 0.15-0.2g
Time: 6 months, 4-6 days/week
Rating Averages (Lowest: 1, Highest: 5)
Mood: 3.25
Anxiety: 2.13
Productivity: 2.75

Caveat: Possible placebo, not double-blind, no baseline stats, subjective ratings
Small doses in chaotic environment: high productivity, low mood, high anxiety

Dose: 0.2-0.3g
3 months, 3-5 days/week
Rating Averages (Lowest: 1, Highest: 5)
Mood: 2.86
Anxiety: 3.43
Productivity: 4.71 (8-10 sales --> 14-16 sales)

Caveat: Not double-blinded, possible selection bias, possible extraneous environmental influence
MICRODOSE EXPLORATION: PART THREE OF FOUR

Small doses in stable environment: moderate productivity, low mood, high anxiety

Dose: 0.2-0.3g
2.5 months, 3-5 days/week
Rating Averages (Lowest: 1, Highest: 5)
Mood: 2.31
Anxiety: 3.17
Productivity: 2.61

Caveat: Not double-blinded, extraneous environmental influence, possible selection bias
Self-actualization doses: the perfect trifecta...almost

Dose: 0.5g
14 days @ 0.5g daily
Rating Averages (Lowest: 1, Highest: 5)
Mood: 4.50
Anxiety: 1.41
Productivity: 4.07

"Amazing effects. Immediately had smooth conversation with [difficult coworker]."

"Had inspiration today, started [side project] and published it".

"Feeling really confident. Can do anything and everything I've always wanted."

Caveat: Not double-blind, low productivity on some routine tasks
REFLECTIONS AND REMARKS

PRELIMINARY FINDINGS

MOOD

ANXIETY

PRODUCTIVITY
Positive vs. negative effects may be dose-dependent.

Productivity is task-dependent.

Anxiety and mood may not be environment-dependent as expected.

Emotional awareness may increase with dose, then transform into increased positive emotions.
WHAT'S NEXT

EEG and fMRI monitoring of emotional states

Emotional Awareness vs. Objective Experience

Achieving non-drug induced states of peak performance through mindfulness techniques, meditation, emotional awareness exercises
LET'S KEEP IN TOUCH

Follow me at http://Medium.com/@Janet for more experiments

Further Reading & Resources
Abstracts: http://rsif.royalsocietypublishing.org/content/11/101/20140873
Book: Psychedelic Explorer's Guide by James Fadiman, Ph. D
Podcasts: Tim Ferriss, Michael Ellsberg, Dave Asprey
Reference Directories: erowid.com, shroomery.org
Case Study: "Hustle LSD 30-day experiment"
Research