



Getting Back to Basics Discussion Questions

January 2025

1. Do you have a basic needs checklist for the day? (Ex: hydrate, eat, toileting, bathe, meds, rest, sleep, etc) Would this be helpful to have?
2. If you decided to have a basic needs checklist, where could you put it for reminders and motivation?
What kinds of creative ways could you make the list your own? (Laminate, craft ideas, etc)
3. What kind of routine have you established to help you each day? Is there a morning/evening routine? Please share.
4. What health / healthy boundaries have you set in place that help you prioritize YOU while living with chronic pain and illness?
5. Would you find a daily check-in with yourself as a part of your daily routine helpful? Asking, what do **I** need at this moment?
6. Do you take time to schedule things that make you feel good, happy, or add joy? (ex: a bird singing, sun on your face from the window, phone a friend, a peer group, coffee, walk in the woods, etc)
7. In what ways are you setting yourself up for success for rest/sleep? (no caffeine after a certain time, only sleep in bed, rest in a different spot, pillow fort, cozy blankets, noise machine, etc)
8. For some, "basics" means maintaining independence. What mobility aids and adaptive devices have you found that help you maintain independence at home and move about outside?
9. What are your basic self-cares?
(maybe wipes instead of a shower or bath, sensory diet, music, dry shampoo, nature, blackout curtains, eye mask, pillows, oils, microwaveable food, etc)
10. There are many healing modalities for chronic pain and illness, what have been your top three lately? And why?
(ex: meditation, massage, heat/cold, acupuncture, biofeedback, relaxation techniques, etc)



11. Have you been able to incorporate gentle movement into your life while living with chronic pain and illness?
(ex: PT/OT, moving around home, gentle movement while seated, pool movement, YouTube videos, etc)
12. What phone apps or journals have you used to help you record your chronic pain and illness? Let's make a list! Sometimes this is a nice reset!
13. When you need a reset and regroup about your condition(s), where do you go to educate yourself?
Which educational resources have you found most helpful?
14. What are the ways you celebrate your accomplishments/successes (I got dressed today!), even the smallest ones? (ex: little rewards, take yourself on a date, high five, positive affirmations, favorite mantra, etc)
15. Are you able to be gentle with yourself on the hard days? Share your strategies...
16. Are there simple mantras or affirmations that have helped you feel inspired again?
17. How would you describe "getting back to basics" in terms of your nutrition?
What are your favorite ways you nourish yourself?

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