



Gentle Movement Discussion Questions

February 2025

1. What forms of gentle movement have you found helpful for you?
(light walk, petting your dog, PT/OT, therapy pool, gentle stretching, balance activities, static movements, etc)
2. Are there specific websites, YouTube videos, or other sources that you have found beneficial? (Yoga with Adrienne, AARP has many free classes of Tai Chi, Yoga, Qigong, gentle stretching, Acupressure, Meditation, etc)
3. What are some of your most favorite playful forms of movement? Everything counts!
4. How have mobility aids and adaptive devices helped you with making movement attainable?
Which aids and devices have helped?
5. What strategies help you soften your expectations of what you are able to do?
(adapting, adjusting, modifying, positive self-talk)
6. Do you make time to celebrate the accomplishments? Please share how you do so.
7. What other tools or forms of comfort help you find success in gentle movement?
(pillows, heating pad, oils, candles, laying on bed, being in quiet, gentleness, practice, etc)
8. If needing help is a factor, in what ways have you found most effective in asking for help with gentle movement?
9. Do you have a favorite podcast, playlist or show that is just set aside for when you allow your body time for movement?
10. What tips or strategies can you share that you have learned about knowing your limits?
(pause, having more fluidity, acceptance, self-compassion, using aids and devices, doing attainable things, seeing things differently, etc)
11. Do you incorporate positive self-talk, gentle words, guided imagery, mindfulness, virtual movement (walks, hikes, etc) into gentle movement ideas?
12. If you have pets, how have they helped you with movement?



13. How have you been able to find balance between daily activities and gentle movement, while living with pain and illness? (more rest on those days, do movements from bed or couch, count a busy day as movement, etc)
14. Do you keep track or journal your movements to see progress or to have as a guide? If so, what kind of journal or where do you keep track? (app, colored note in phone, google doc, fun notebook you decorated, selected journal, etc)
15. What are the most comfortable clothing items that you have found that make gentle movement easier for those living with pain and illness?
16. How have you been able to stay hydrated and properly nourished while trying to remain in motion? (liquid iv, protein bars, protein drinks, water, tea, etc).
17. What mindfulness practices have helped you manage your chronic condition? (meditation, progressive muscle relaxation)
18. Describe what signals your body gives you when it's time to stop your gentle movement.
19. Do you have any tips for staying on track with gentle movement on a daily or weekly basis? (reminders, check lists, intuitive body relationship)
20. Have you found local or online groups for support or accountability around gentle movement?
21. Do you have hobbies or interests that include moving your body in easy, gentle ways?
22. Do you break your movement and activity goals into chunks during the day or week? Is that helpful?