



Nature-Questions

- 1.) What are some simple ways you bring nature into your life when you can't go outside?**
- 2.) Have you ever written poetry or reflections inspired by the seasons? Or, created something with objects from nature?**
- 3.) What indoor tools do you use to stay connected to nature? (plants, sunlight, sound apps, nature videos)**
- 4.) Are there local parks, trails or gardens that feel accessible to you? Please share.**
- 5.) Have you found essential tips to make your outdoor experience better? (stay hydrated, pace yourself, listen to your body, consult a professional)**
- 6.) If weather affects your chronic pain and conditions, how do you adjust?**
- 7.) If there are barriers that keep you from connecting with nature, how do you navigate them?**
- 8.) Do you have a favorite season, and how does it affect your pain and energy?**
- 9.) What helps you the most when you spend time in nature; sight, sounds, smells, or touch?**
- 10.) How do you balance enjoying nature and living with chronic pain and the limitations that can bring?**
- 11.) What role does nature play in your support system? (joining clubs, picnics, walks)**

- 12.) What natural settings feel most calming or restorative to you?
- 13.) Have you found virtual ways to stay connected with nature? If so, please describe.
- 14.) What accommodations or modifications have you found most helpful when enjoying outdoor activities? (assisted devices, ramps, calling ahead for accommodations)
- 15.) How can textures like trees, leaves, grass, or stones provide grounding for you, and why?
- 16.) What benefits have you experienced from gentle walking, stretching, or sitting in nature?
- 17.) Have you tried using nature as a distraction from pain to be creative? (drawing, painting, photography, crafts)
- 18.) Which recorded nature sounds help you the most? (rain, ocean, forest, bird song) And, where do you find these resources?
- 19.) In what ways can nature help you practice mindfulness without forcing it?
- 20.) What scents in nature bring you comfort? (fresh rain, lilacs, lavender)
- 21.) How could engaging multiple senses in nature help with relaxation and focus?
- 22.) What apps or livestreams of nature have you found helpful when you can't go outside?
- 23.) Have you ever tried a gratitude list focused on nature? What did you notice?
- 24.) If you can't go outside, how might nature guided imagery or sounds still provide calm? Is this something you have tried? Please share resources.
- 25.) How might virtual access to nature still spark feelings of calm or joy?
- 26.) What lessons from nature can you share with those closest to you to foster deeper connection?

27.) How do you adapt outdoor activities to fit your energy and pain levels?

28.) What are small ways you can bring gentle movement into your connection with nature daily? (noticing walk, stretching outside)

29.) Have you ever tried a “noticing walk”? What details in nature help calm you most?

30.) How might you see adaptability in nature, and how might it apply to your pain journey?