



Nature-Resources

Psychology Today- [Nature Connectedness and Chronic Illness](#)

HD on Tap- <https://hdontap.com/>

Healthy Minds Philly- [Nature-Based Therapy Tools for Enhancing Well-being](#)

Earth.com- [Virtual nature scenes provide relief from chronic pain](#)

Sadie Seasongoods- [Nature Crafts to Make](#)

American Eagle Foundation- <https://eagles.org/>

PTCOA- [How Seasonal Changes Affect Chronic Pain Conditions](#)

Disabled in the Wild- [5 Tips for Exploring the Outdoors with Chronic Illness and ...](#)

Calmsound- [Calmsound - Free Nature Sounds](#)

Precision Spine Care- [Fall Activities to Reduce Chronic Pain](#)

National Aquarium- [National Aquarium - Livestreams](#)

Explore.org- [Gorilla Cam - live video of gorillas in the African rainforest](#)

YouTube- [Guided Meditation For Resilience \(5 Minutes\) | Natural Mindful](#)

YouTube- [Guided Meditation for Mindfulness - Experience Tranquility and Mindfulness in Nature](#)

YouTube- [8 Minute Mountain Meditation | Guided Imagery](#)