**BIO-WELL**

For each of the following questions, **imagine yourself in a nearby forest [*for ex situ delivery*]/think about the forest you are currently in [*for in situ delivery*]**, at this time of year. We ask you to think about how different elements of this forest make you feel. Please think about the living things, including the plants, fungi and animals (but not pets, horses, cows, sheep) in this forest.

Below are pairs of extreme feelings (e.g. joyful and sad). Please indicate how the elements of this forest make you feel between each pair of extremes, by clicking and moving the marker on the scales below. For example, if you felt a little joyful, you would move the marker slightly to the left of the centre.

Q. **Encountering the living things** (e.g. plants, fungi and animals) in this forest makes me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The number of living things** (e.g. plants, fungi and animals) in this forest makes me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

*Remember, we are asking you to think about the plants, fungi and animals (but not pets, horses, cows, sheep) in this forest at this time of year.*

Q. **The variety of living things** (e.g. plants, fungi and animals) in this forest makes me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The interactions between plants, fungi and animals** (e.g. pollination, predator-prey) in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The living processes** (e.g. decomposition, growing) that happen in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

*For each of the following questions, imagine yourself in a nearby forest, at this time of year. Please think about the living things, including the plants, fungi and animals (but not pets, horses, cows, sheep) in this forest.*

Q. **The variety of sounds** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The distinctive sounds** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The vivid colours** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

*Remember to think about the plants, fungi and animals (but not pets, horses, cows, sheep) in this forest at this time of year.*

Q. **The variety of colours** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The maturity of living things** (e.g. plants, fungi and animals) in this forest makes me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The variety of shapes** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

*Remember to think about the plants, fungi and animals (but not pets, horses, cows, sheep) in this forest at this time of year.*

Q. **The sponginess of living things** (e.g. plants, fungi and animals) in this forest makes me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The variety of textures** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The woody smells** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

*Remember to think about the plants, fungi and animals (but not pets, horses, cows, sheep) in this forest at this time of year.*

Q. **The variety of smells** in this forest make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **Changes in this season** make me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. **The presence of animals** in this forest makes me feel…

|  |  |  |
| --- | --- | --- |
| Physically relaxed |  | Physically tense |
| Joyful |  | Sad |
| Clear minded |  | Muddled |
| Open to people |  | Closed to people |
| Part of something bigger than myself |  | Not part of something bigger than myself |

Q. Do you have any difficulties being able to smell at the moment? For example, due to no sense of smell, having a cold or hay fever.

* Yes
* No

Q. Do you have difficulties with your hearing at the moment? Please answer assuming you are wearing hearing aids if you need them.

* Yes
* No

Q. Do you have difficulties with your sight at the moment? Please answer assuming you are wearing glasses or contact lenses if you need them.

* Yes
* No