Interview guide for the study ‘**Nature in the private and the professional practice of healthcare professionals: An explorative qualitative study with primary healthcare professionals in Belgium.’**

Interviewer: Ann Sterckx.

This is an interview guide as a support during the interview. The questions are not posed in this order, but in a responsive way.

**Start of the interview**

Welcome and put the person at ease. Explaining format of the interview and how it will go. Refer to the email conversation.

Ask the participant to tell something about him or herself personally and professionally, to let the person feel at ease.

**Questions self-care**

How would you describe self-care?

What do you understand by it?

What does self-care mean to you?

What do you do for your self-care?

How are you engaging in self-care today?

What are you doing or not doing?

What helps you to engage in self-care?

Are there barriers?

How does this impact your professional practice?

What do I see you doing then?

Can you give some examples of that?

How do you do self-care at work?

To what extent do you think of yourself as being a good example in self-care for your patient? If so, how? Examples?

What would you like to do differently in this?

**Questions relationship with nature**

How and at what moments do you experience nature?

How is it present in your life?

How do you feel about that?

How is nature present at your work?

Give me some examples.

**Questions professional practice**

How many patients a week do you see?

What does a day-to-day look like?

What do you do during weekends?

What do you do during vacations?

How do you experience that?

What do you appreciate about this stage of life, now?

What would you like to see different?

How are you working on that?

What hinders you in it?