

Article

Sensory and Emotional Components in Tourist Memories of Wildlife Encounters: Intense, Detailed, and Long-Lasting Recollections of Individual Incidents

Ralf C. Buckley 

International Chair in Ecotourism Research, Griffith University, Gold Coast 4222, Australia;
r.buckley@griffith.edu.au

Abstract: To quantify the role of senses and emotions in creating memorable tourism experiences, we need measurement frameworks that match how memories are created. This study examines that process through directed-content qualitative analysis of tourist encounters with wildlife. Data are derived from: interviews with 20 experienced wildlife tourism experts in 12 countries; 3000 social media posts on tourism enterprise and wildlife encounter websites; and participant observations and records of 168 memorable encounters involving >100 wildlife species, >850 tourists, and ~10,000 h in total, ranging over five decades. Across all data sources, senses and emotions differed between tourist interests and personalities, wildlife species and behaviours, and encounter circumstances. All senses were reported, with the most frequent being sight, followed by sound and smell, and, rarely, touch or taste. Descriptions were fine-grained and complex. The emotions reported were awe, joy, wonder, delight, thrill, amazement, envy, aww (cute-emotion), surprise, elation, satisfaction, interest, boredom, disappointment, sadness, embarrassment, concern, pity, distress, disgust, anxiety, shock, alarm, fear, and panic. Some experiences generated powerful recalls persisting for decades. Short-term, intense, and finely detailed senses and emotions defined experiences, created memories, and determined satisfaction, wellbeing, and subsequent outcomes. More accurate methods are needed to measure and characterise senses, emotions, and memories in tourism experience.

Keywords: experience; value; animals; recall; wellbeing; health; duration; psychology



Citation: Buckley, R.C. Sensory and Emotional Components in Tourist Memories of Wildlife Encounters: Intense, Detailed, and Long-Lasting Recollections of Individual Incidents. *Sustainability* **2022**, *14*, 4460. <https://doi.org/10.3390/su14084460>

Academic Editor: Michael Tarrant

Received: 20 March 2022

Accepted: 6 April 2022

Published: 8 April 2022

Publisher's Note: MDPI stays neutral with regard to jurisdictional claims in published maps and institutional affiliations.



Copyright: © 2022 by the author. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

1. Introduction

Senses and emotions are influential components of tourism experiences [1–3] and wellbeing [4–6], but they are difficult to quantify. Recent approaches rely on broadly defined sensescapes [7,8] and emoscapes [9], which compress the complexity of real-life experiences into simplified numerical scales. The wildlife tourism sector [10] provides a natural experiment to test these approaches. Experience value and satisfaction depend on wildlife sightings, but sightings are not guaranteed [11–14]. Therefore, we can compile data from sightings and encounters that did occur and proved memorable, and examine how tourists recall their sensory and emotional components. This is relevant to the psychological analysis of tourist experience and the experiential marketing of tourism products.

2. Theoretical Framework

The theoretical framework adopted here is summarised in Figure 1. The tourism destination, attraction, and activity create sensory experiences; these, coupled with individual tourist personalities, create emotional experiences, which form memories, contributing to long-term wellbeing. This framework is a distillation from multiple previous models. It includes place and activity components from nature tourism research [15,16], sensory, emotional, and personality components from marketing research [17], memory components from research on memorable tourism experiences [18], and well-being components from research on tourism and wellbeing [19]. It treats short-term well-being perceptions within

emotional components, and long-term well-being outcomes as derived from memories of experiences. It considers self-perceived qualitative well-being, rather than externally quantified mental health. By incorporating existing knowledge in a simple testable structure, Figure 1 complies with the criteria for strong psychological theories [20–24].

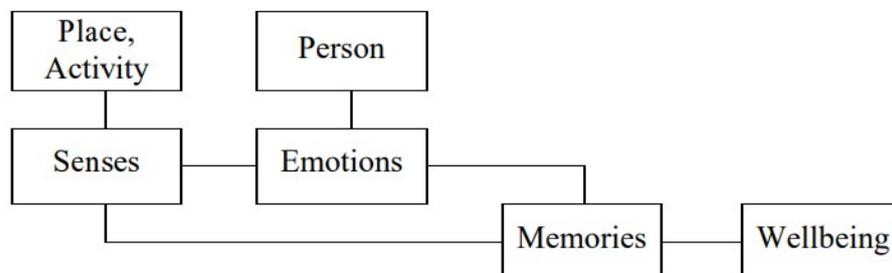


Figure 1. Theoretical framework: principal linkages.

Place or destination, and personality and psychology, are longstanding aspects of tourism research [25] that need not be repeated here. Recent additions show specifically that destination wildlife diversity can contribute to wellbeing [26–29]. Senses have been analysed extensively in tourism contexts [7,8,30–35]. These analyses include sight [36,37], sound [38–49], smell [50–52], taste [53–57], and touch and temperature [58,59]. Emotions also play a central role in tourism experiences [60–62]. There are numerous theories of human emotions [63–67], including neurophysiological [68,69], psychological [70], evolutionary [71], behavioural [72,73], social [74], cultural [75], and linguistic [76]. Emotions may be associated with either immediate or recollected sensory impressions [77,78]. Emotions reported in tourism include awe [79–81], fear, thrill, and triumph [82,83], as well as joy, amazement, sadness, concern, and empathy [84]. In wildlife tourism, emotions have been reported during encounters with whales [85], pandas [86], wolves [87], bears [88], and penguins [89]. None of these analysed the longevity of emotions post-encounter [10,90].

Memorable experiences are key components of tourism [18]. Memories are strongest for critical incidents associated with powerful emotions [77,78,91–93]. Powerful emotions can be experienced in less than a second but recalled lifelong [82,94–97]. The well-being effects of tourism are widely studied [4,5,19,25,98,99]. In particular, they include significant relief and recovery from stress, both via commercial tourism products [16,100–102] and independent outdoor recreation [103–105], especially in parks and nature [106–111]. The well-being effects of vacation experiences fade out over periods of weeks, months, or years [3,101,112–121]. The well-being effects of wildlife tourism have been examined specifically [122].

3. Materials & Methods

3.1. Multi-Source Directed-Content Qualitative Analysis

The overall method adopted was a directed-content analysis [123,124], using multiple data sources in parallel, each with different data compression approaches. The focus was on the sensory and emotional factors that contributed most strongly to memorable wildlife tourism experiences. The data sources were interviews with expert practitioners, netnographic analysis of online content, and participant observation and ethnography. Interviews and netnography yield written text content, amenable to standard thematic analysis under an interpretivist paradigm. Participant observation and ethnography rely on spoken communications and unspoken observations from critical incidents, providing data for qualitative meta-analysis of cases [125].

3.2. Expert Interviews and Netnography

The interviews were carried out during 2020–2022, in person or electronically, with 20 experienced wildlife tourists from 12 countries. They were semi-structured, and catalysed by asking interviewees to describe their earliest memorable wildlife encounters. Data

included species, circumstances, year, age, senses, emotions, and memories. Each person described 1–3 encounters, ~50 in all. These also yielded data on intensity, wildlife species, worldview effects, and the early age of first memorable encounters. Netnographic data were obtained from public social media accounts of (a) wildlife tourism enterprises worldwide, following an approach adopted by earlier analysts [13], and (b) wildlife-watching, identification, and appreciation groups on social media, which provided additional information on highly memorable encounters. Data-rich posts in comment threads were extracted, ignoring short data-poor text or emoji comments. Searches were stopped after 3000 posts were scanned.

3.3. Participant Observation, Ethnography, and Autoethnography of Encounter Incidents

Participant observation [126], used widely in outdoor tourism research, is an ethnographic method where the researcher is a full member of the group under study, indistinguishable by ethnicity, language, wealth, or behaviour. In participant observation, the researcher (a) earns recognition within the group through extended membership, capability, shared experiences, and mutual obligations past and present, and (b) experiences events and communications as a peer participant within the group. The method includes ethnographic components through observations and communications with other participants, and autoethnographic components through observations of one's own actions and emotions [82,96], including flashbulb memories [127] of critical incidents [128,129].

This study includes participant observation of wildlife encounters during commercial wildlife tours over several decades (Supplementary Tables S1 and S2). Encounters were recorded in notebooks, photographs, and video, including audio of spoken reactions. These records were used: (a) to document the longevity of individual memories; (b) to trigger encounter memories that can then be recalled and reexperienced mentally [82]; and (c) to confirm emotions experienced by other tourists, as identified at the time from spoken language, voice tone, non-verbal vocalisations, facial expressions, and body language [74]. Tourists were close together, quiet, and still, in a vehicle, boat, or on foot, and often discussed their sensory and emotional experiences of individual wildlife sightings. Observations did not alter any encounter, for either wildlife or tourists. Data, observations, and analyses were replicated across individuals, species, ecosystems, and methodologies.

4. Results

4.1. Interviews

Interviewees reported encounters from Australia, Brazil, Chile, France, India, Kenya, Mexico, Nepal, Norway, USA, Venezuela, and Vietnam. Strong sensory and emotional memories were reported from up to 60 years ago, when the respondents were aged from 4 years old (2 cases) upwards. Several respondents emphasised the level of detail in their memories: *"I remember everything as if it were yesterday"*. Some reported encounters involving little emotion: *"I'm not a very emotional person"*. Some reported interest, e.g., for tiger or armadillo, or pleasure at finding a long-sought species, e.g., rare species of monkey or wild cat, or feelings of connectedness to nature. Some reported awe tinged with fear, e.g., of ostrich or grizzly bear at close range, or awe mixed with joy, e.g., for whale sharks. Many reported various levels of excitement, delight, and joy. Emotions were felt not only for larger wildlife, but also for frogs, smaller mammals such as chipmunks, and birds such as blue jays and toucans. One person reported that surfing with dolphins generated an extremely intense level of happiness or bliss, so that they felt blessed by the experience.

4.2. Netnography

Comment threads on the social media accounts of commercial wildlife tourism enterprises used terms such as *"breathtaking"*, *"awesome"*, *"amazing"*, *"stunning"*, *"magnificent"*, *"splendid"*, *"beautiful"* and *"gorgeous"*, with longevity indicated by phrases such as *"forever engraved on my mind"*. One described a hippopotamus as *"funny, incredible, and terrifying at the same time"*. Another described *"the sound of pure nature when a megapod [of common dol-*

phins] is on the move". Comment threads on broader wildlife-related social media accounts provided many examples of powerful recollections. One person, describing a childhood experience, wrote that a red fox sat so close to her that "I could see the sunlight in each individual hair . . . red fur seemed to glow from the inside out. I was in awe. Dumbstruck. I'll never forget it". [130]. Describing close encounters with moose in Alaska and Norway respectively, individuals wrote that they were "scared" with their "heart pounding" but would remember the encounter "like it was yesterday", even at age 95. Descriptions included smell, e.g., of skunk, and especially sound: "You can feel the bass notes rumbling in your cells"; "love hearing bighorn sheep butt those horns"; "an otter screaming". Overall, these posts show that some wildlife encounters have strong sensory and emotional components, can be highly memorable for decades, and contribute to well-being.

4.3. Participant Observation and Ethnography

Participant observations included 168 incidents, involving >850 individual tourists and >100 wildlife species, from ~10,000 h as clients or guides in >100 wildlife tours from 1970–2019, across all continents and oceans. Individual incidents lasted from seconds to minutes, with an aggregate duration of ~10 h, <0.1% of the overall period. Senses and emotions could be recognised in <1 s. Encounters are listed and described in Supplementary Tables S1 and S2. Sensory and emotional components are summarised in Tables 1 and 2.

Some sensory experiences can be recalled in considerable detail. Sights include colours, patterns, shapes, and movements. Sounds include intensities, frequencies, and recognisable origins. Scents, smells, and tastes differ by type and intensity, and many are identifiable to particular sources. Individuals respond differently to specific smells and tastes, and also to touch, temperature, and humidity. Sensory experiences can be very complex and detailed. An elephant seen at a far distance, for example, generates a very different set of sensory experiences than an elephant encountered on foot, within trunk range, with direct eye contact. Different senses are dominant for different memorable experiences. Some experiences involve the interactions of multiple senses [52,131]. Wildlife tourists react very differently, depending on how they interpret the significance of sensory impressions: e.g., as an immediate threat, or a long-sought goal. People from different cultural backgrounds may react differently to the same sensory experiences [132–134]. Many sensory experiences have emotional connotations [62], considered below.

Table 1. Sensory experiences during wildlife tourism encounters.

Sense	Examples from Wildlife Tourism Encounters
Sight	Colour: plum-coloured starling, lion or tiger eye, iridescent mantle of clam or octopus, distinctive colours of parrots or nudibranchs
	Shape: identifying features, e.g., of bird, gazelle, or shark species
	Movement: sunlight rippling on whale shark skin, wheeling bird flocks and fish schools, undulating manta ray fins, muscles moving on a bear
Sound	Birdsong, e.g., Arctic loon, skylark, curlew, Australian magpie; speeding wings, e.g., cockatoos; howls, e.g., wolves, coyotes; trumpeting elephant
Smell	Characteristic scents, e.g., striped possum; disgusting odours, e.g., rotting hippopotamus carcass; powerfully pungent smells, e.g., stifling airborne ammonia in bat colonies; acrid identifying scents, e.g., large carnivores
Touch and temperature	Fur or feathers, e.g., possum or goose; wool, e.g., sheep; hide, e.g., rhinoceros; scales, e.g., snake or fish; shells, e.g., crustacea or molluscs; spines, e.g., sea-urchin or echidna; slime, e.g., eel; jelly, e.g., frog eggs or jellyfish; hot or cold bird feet
Taste	Rarely involved in wildlife tourism, except consumptive hunting, fishing and foraging, e.g., for rock oysters or mopane worms

Table 2. Emotions experienced during wildlife tourism encounters.

Emotions	Examples from Wildlife Tourism Encounters
Awe	Elephant, rhino, tiger, whales, flocks of birds, schools of fish
Wonder	Exceptional behaviours, e.g., narwhal crossing horns
Thrill	Whale breaching near boat, elephant trumpeting close by
Joy	Surfing with dolphins, virtuoso birdsong, very close views
Delight	Bird courtship displays, sand-swimming lizards
Amazement, envy	Acrobatic bird flight, marine mammal swimming
Aww/cute	Galago, sugar glider, newborn mammals, bird chicks
Elation	Pygmy seahorse, aardwolf, numbat, rare bird species
Interest	Observations of rarely-seen animal behaviours
Sadness, pity	Animal injury or death, abandoned juveniles, e.g., from predation
Distress	Juveniles suffering violent predation, parent animals powerless
Embarrassment	Mating behaviours, especially large mammals
Disgust	Animals eating rotting carcasses, nasal mucus, vomit etc
Shock	Close views of dismemberment, e.g., during predation
Concern, anxiety	Circumstances potentially putting observers at risk
Alarm	Animal behaviours requiring observers' immediate safety response
Fear, panic	Actual or threatened attack, e.g., elephant, monkeys, sharks, leopard

Over 20 identifiable named emotions were recorded. This is several times more than reported previously from wildlife tourism [84], but only about a quarter of the overall set of named emotions [76]. Valences included both positive and negative, and intensities ranged from very low to very high. Several emotions, even of different valence, were sometimes experienced simultaneously. Experiences generating negative emotions are nonetheless valued by many wildlife tourists. Individuals can experience: very powerful positive emotions such as awe, wonder and joy; moderately powerful positive emotions such as thrill, delight, elation, and aww or cute-emotion; and weaker positive emotions such as enjoyment. They can experience: weakly negative emotions such as disappointment or sadness; moderately negative emotions such as pity, embarrassment or concern; and powerful negative emotions such as distress, disgust or fear. Some emotions reflect principally the circumstances of the observers themselves; others, the observers' attitudes towards the animals under observation. Different tourists at the same wildlife sighting may experience different emotions.

4.4. Memories

Recollections with intense sensory and emotional components can persist for at least five or six decades. This matches the findings from the interviews and netnography. Written records show that there were also many unemotional sightings that no longer exist as memories. Where encounters are still recalled, the memories commonly contain very high levels of detail, sufficient for the individual concerned to mentally re-experience the encounter. This matches an analysis of adventure tourism [82]. As with that study, memories of wildlife encounters may include complete mental replay, including the physiological re-creation of emotions experienced at the time, or they may include the unemotional recollection of past senses and emotions experienced at the time, without re-experiencing them.

5. Discussion

5.1. Principal Findings

Wildlife tourism generates detailed and powerful sensory and emotional experiences that remain memorable for many decades. Such recollections of wildlife encounters have been identified in popular literature for well over a century. One example from over a century ago [135] mentioned hunting tour guides in the Indian Himalayas, describing decades-earlier encounters with ibex, serow, and markhor as “*every detail lighted from behind like twigs on tree-tops seen against lightning*”. This is the principal finding here. The degree to which past wildlife tourism may contribute to current wellbeing and life satisfaction, and hence to future repeat bookings, depends on fine detail and the intensity of memories from specific encounters, not broad aggregate sensescapes or emoscapes. This matches recent analyses of well-being outcomes from holiday experiences more generally [3,112].

The second principal finding is that experiences can differ considerably between tourists. Different circumstances can generate different responses, and different individuals may have different responses to the same encounters, or similar responses but for different reasons. For example, one may be happy to see a bird because it is beautiful, another because it is rare, and another because it adds to their lifetime checklist. Responses may have cultural components: particular species may be seen as cute or ugly, or lucky or unlucky, and perceptions of animal sentience, pain, and cruelty differ considerably between cultures. Responses also depend on what individual animals are doing. An inactive animal may generate elation if it is long-sought and indifference if it is not, whereas the same species in a more active mode may generate fear, awe, or delight. Wildlife tourism enterprises and guides choreograph encounters to create memorable sensory and emotional experiences, whilst sparing them from shock or panic. In doing so, they also focus on fine detail, aiming to create encounters with individual animals engaged in particular behaviours.

5.2. Research Priorities

First, given the key importance of fine sensory and emotional detail in memorable wildlife tourism experiences, the most immediate research priority is to seek techniques to quantify individual senses and emotions in fine detail. This is needed for sounds [38–49,136], scents [50–52,137], touch [59], and taste [53–57], as well as sight. It is also needed in analysing emotions, using fine linguistic distinctions rather than broad valence-intensity approaches. Broad “scape” approaches, e.g., as proposed for experiential marketing [7], are too imprecise for the psychological analysis of individual tourist experiences. Second, we can compare factors creating differences between individuals. We can compare the effects on experiences, memories, and well-being, of: animal species and behaviours [138]; circumstances of encounters; and the personality and experiences of individual tourists [139]. Such differences are also likely to prove important in increasingly customised marketing through the digital matching of clients, products, and destinations [16,55,140].

Third, we could quantify the effects of intense and memorable wildlife tourism experiences on mental health parameters that can be converted to health service values [107] and hence to economic valuations, e.g., of the role of wildlife tourism product design and wildlife tourism guide skills in engineering-specific wildlife encounters for clients. Fourth, we could search for an underlying psychological model for these links. As a testable hypothesis, perhaps intense positive memories create a buffer that protects net self-perceived well-being against negative experiences, and individual memories continue to contribute to that buffer as long as they can be recollected, even decades later. This hypothesis applies well beyond tourism, but we could use tourism to analyse it by testing links from short-term responses to medium-term stress recovery and long-term worldview change. If supported, it would add to the general frameworks of human psychology. Recent neurological research has shown that mental resilience is physically expressed in long-lasting brain structures that change as a result of individual experiences [141].

5.3. Practical Implications in Mental Health and Tourism Marketing

The COVID-19 pandemic has greatly extended the incidence of poor mental health worldwide, from ~13% of the populations in developed nations [142] to 40–50% [143–146]. Poor mental health imposes substantial economic costs [147]. Countries are seeking low-cost measures for mental health recovery, as components of broader social and economic recovery. Where tourism can improve well-being, it has a role to play in promoting mental health. The results outlined here indicate that wildlife tourism, in particular, certainly does have such an effect. Therefore, tourism portfolios, enterprises, and advocates can lobby for the promotion of wildlife tourism as one means of post-pandemic mental health recovery, with associated social and economic benefits [107,148]. Wildlife tourism enterprises, and tourism enterprises more generally [15,98,106,149–152], can enhance the effects of their products on client satisfaction and well-being through design and guide choreography to create close and memorable encounters with intense sensory and emotional experiences [18,55,153]. As retail applications of virtual reality become increasingly commonplace [140], tourism enterprises and destinations can also improve the effectiveness of experiential marketing through more effective use of sensory and emotional components.

Supplementary Materials: The following supporting information can be downloaded at: <https://www.mdpi.com/article/10.3390/su14084460/s1>, Table S1: List of Wildlife Encounters; Table S2: Descriptions of Encounters and Emotions Experienced. Reference [154] is cited in Supplementary Materials.

Funding: This research received no external funding.

Institutional Review Board Statement: Collection: the re-use and analysis of data for this research were compliant with University Human Ethics Research requirements and procedures, as well as the National Codes of Conduct for Human Ethics in Research. There were no inducements, interventions, interference, or identification of any observed persons, or behaviour modifications. Individuals are not identifiable by name, role, image, geotag, other digital identifiers, or place/time coordinates.

Informed Consent Statement: Informed consent was obtained from all identifiable subjects involved in the study.

Data Availability Statement: Data provided in Supplementary Tables S1 and S2.

Acknowledgments: The participant observation component included commercial wildlife tours. Some of these were sponsored by the enterprises concerned.

Conflicts of Interest: The author declares no conflict of interest.

References

1. Prebensen, N.K.; Chen, J.S.; Uysal, M. (Eds.) *Creating Experience Value in Tourism*, 2nd ed.; CABI: Wallingford, UK, 2018.
2. Stienmetz, J.; Kim, J.J.; Xiang, Z.; Fesenmaier, D.R. Managing the structure of tourism experiences: Foundations for tourism design. *J. Destin. Mark. Manag.* **2021**, *19*, 100408. [CrossRef]
3. Strijbosch, W.; Mitas, O.; van Blaricum, T.; Vugts, O.; Govers, C.; Hover, M.; Gelissen, J.; Bastiaansen, M. When the parts of the sum are greater than the whole: Assessing the peak-and-end-theory for a heterogeneous, multi-episodic tourism experience. *J. Destin. Mark. Manag.* **2021**, *20*, 100607. [CrossRef]
4. Smith, M.K.; Diekmann, A. Tourism and wellbeing. *Ann. Tour. Res.* **2017**, *66*, 1–13. [CrossRef]
5. Uysal, M.; Berbekova, A.; Kim, H. Designing for quality of life. *Ann. Tour. Res.* **2020**, *83*, 102944. [CrossRef]
6. Buckley, R.C. Tourism and mental health: Foundations, frameworks and futures. *J. Trav. Res.* **2022**. [CrossRef]
7. Buzova, D.; Sanz-Blas, S.; Cervera-Taulet, A. "Sensing" the destination: Development of the destination sensescape index. *Tour. Manag.* **2021**, *87*, 104362. [CrossRef]
8. Kah, J.A.; Shin, H.J.; Lee, S.H. Traveler sensoryscape experiences and the formation of destination identity. *Tour. Geogr.* **2020**. [CrossRef]
9. Shakeela, A.; Weaver, D. Resident reactions to a tourism incident: Mapping a Maldivian emoscape. *Ann. Tour. Res.* **2012**, *39*, 1337–1358. [CrossRef]
10. Hosey, G.; Melfi, V. (Eds.) *Anthrozoology: Human-Animal Interactions in Domesticated and Wild Animals*; University Press: Oxford, UK, 2019.
11. Dybsand, H.N.H. In the absence of a main attraction: Perspectives from polar bear watching tourism participants. *Tour. Manag.* **2020**, *79*, 104097. [CrossRef]

12. Buckley, R.C.; Mossaz, A.C. Decision making by specialist luxury travel agents. *Tour. Manag.* **2016**, *55*, 133–138. [[CrossRef](#)]
13. Buckley, R.C.; Mossaz, A.C. Private conservation funding from wildlife tourism enterprises in sub-Saharan Africa: Conservation marketing beliefs and practices. *Biol. Cons.* **2018**, *218*, 57–63. [[CrossRef](#)]
14. Buckley, R.C.; Cooper, M.A. Conservation of a threatened mammal species through domestic tourism in Chile. *Front. Ecol. Environ.* **2019**, *17*, 557–558. [[CrossRef](#)]
15. Buckley, R.; Zhong, L.; Martin, S. Mental health key to tourism infrastructure in China's new megapark. *Tour. Manag.* **2021**, *82*, 104169. [[CrossRef](#)] [[PubMed](#)]
16. Cooper, M.A.; Buckley, R.C. Tourist mental health drives destination choice, marketing, and matching. *J. Travel Res.* **2021**, *61*, 00472875211011548. [[CrossRef](#)]
17. Krishna, A. (Ed.) *Sensory Marketing*; Routledge: London, UK, 2011.
18. Tung, V.W.S.; Ritchie, J.B. Exploring the essence of memorable tourism experiences. *Ann. Tour. Res.* **2011**, *38*, 1367–1386. [[CrossRef](#)]
19. Lengieza, M.L.; Hunt, C.A.; Swim, J.K. Measuring eudaimonic travel experiences. *Ann. Tour. Res.* **2019**, *74*, 195–197. [[CrossRef](#)]
20. Borsboom, D.; van der Maas, H.; Dalege, J.; Kievit, R.; Haig, B. Theory construction methodology: A practical framework for theory formation in psychology. *Perspect. Psychol. Sci.* **2021**, *16*, 756–766. [[CrossRef](#)]
21. Eronen, M.I.; Bringmann, L.F. The theory crisis in psychology: How to move forward. *Perspect. Psychol. Sci.* **2021**, *16*, 779–788. [[CrossRef](#)]
22. Fried, E.I. Theories and models: What they are, what they are for, and what they are about. *Psychol. Inq.* **2020**, *31*, 336–344. [[CrossRef](#)]
23. Smaldino, P.E. How to build a strong theoretical foundation. *Psychol. Inq.* **2020**, *31*, 336–344. [[CrossRef](#)]
24. Thagard, P. *Conceptual Revolutions*; University Press: Princeton, NJ, USA, 2018.
25. Berbekova, A.; Uysal, M.; Assaf, A.G. Toward an assessment of quality-of-life indicators as measures of destination performance. *J. Travel Res.* **2021**, 00472875211026755. [[CrossRef](#)]
26. Cameron, R.W.; Brindley, P.; Mears, M.; McEwan, K.; Ferguson, F.; Sheffield, D.; Jorgensen, A.; Riley, J.; Goodrick, J.; Ballard, L.; et al. Where the wild things are! Do urban green spaces with greater avian biodiversity promote more positive emotions in humans? *Urban Ecosyst.* **2020**, *23*, 301–317. [[CrossRef](#)]
27. Gonçalves, P.; Grilo, F.; Mendes, R.C.; Vierikko, K.; Elands, B.; Marques, T.A.; Santos-Reis, M. What's biodiversity got to do with it? Perceptions of biodiversity and restorativeness in urban parks. *Ecol. Soc.* **2021**, *26*, 25. [[CrossRef](#)]
28. Marselle, M.R.; Hartig, T.; Cox, D.T.; de Bell, S.; Knapp, S.; Lindley, S.; Triguero-Mas, M.; Böhning-Gaese, K.; Braubach, M.; Cook, P.A.; et al. Pathways linking biodiversity to human health: A conceptual framework. *Environ. Int.* **2021**, *150*, 106420. [[CrossRef](#)]
29. Methorst, J.; Rehdanz, K.; Mueller, T.; Hansjürgens, B.; Bonn, A.; Böhning-Gaese, K. The importance of species diversity for human well-being in Europe. *Ecol. Econ.* **2021**, *181*, 106917. [[CrossRef](#)]
30. Agapito, D. The senses in tourism design: A bibliometric review. *Ann. Tour. Res.* **2020**, *83*, 102934. [[CrossRef](#)]
31. Kastenholz, E.; Marques, C.P.; Carneiro, M.J. Place attachment through sensory-rich, emotion-generating place experiences in rural tourism. *J. Destin. Mark. Manag.* **2020**, *17*, 100455. [[CrossRef](#)]
32. Kim, J.; Fesenmaier, D. Measuring human senses and the touristic experience: Methods and applications. In *Analytics in Smart Tourism Design*; Xiang, Z., Fesenmaier, D., Eds.; Springer: New York, NY, USA, 2017; pp. 47–63.
33. Lv, X.; McCabe, S. Expanding theory of tourists' destination loyalty: The role of sensory impressions. *Tour. Manag.* **2020**, *77*, 104026. [[CrossRef](#)]
34. Mehraliyev, F.; Kirilenko, A.P.; Choi, Y. From measurement scale to sentiment scale: Examining the effect of sensory experiences on online review rating behavior. *Tour. Manag.* **2020**, *79*, 104096. [[CrossRef](#)]
35. Pan, S.; Ryan, C. Tourism sense-making: The role of the senses and travel journalism. *J. Travel Tour. Mark.* **2009**, *26*, 625–639. [[CrossRef](#)]
36. Llobera, M. Extending GIS-based visual analysis: The concept of visualscapes. *Int. J. Geogr. Inf. Sci.* **2003**, *17*, 25–48. [[CrossRef](#)]
37. Urry, J.; Larsen, J. *The Tourist Gaze 3.0*; Sage: London, UK, 2011.
38. Echeverri, A.; Karp, D.S.; Frishkoff, L.O.; Krishnan, J.; Naidoo, R.; Zhao, J.; Zook, J.; Chan, K.M. Avian cultural services peak in tropical wet forests. *Conserv. Lett.* **2021**, *14*, e12763. [[CrossRef](#)]
39. Ednie, A.; Gale, T.; Beeftink, K.; Adiego, A. Connecting protected area visitor experiences, wellness motivations, and soundscape perceptions in Chilean Patagonia. *J. Leis. Res.* **2020**. [[CrossRef](#)]
40. Ferraro, D.M.; Miller, Z.D.; Ferguson, L.A.; Taff, B.D.; Barber, J.R.; Newman, P.; Francis, C.D. The phantom chorus: Birdsong boosts human well-being in protected areas. *Proc. R. Soc. B* **2020**, *287*, 20201811. [[CrossRef](#)] [[PubMed](#)]
41. Fisher, J.C.; Irvine, K.N.; Bicknell, J.E.; Hayes, W.M.; Fernandes, D.; Mistry, J.; Davies, Z.G. Perceived biodiversity, sound, naturalness and safety enhance the restorative quality and wellbeing benefits of green and blue space in a neotropical city. *Sci. Total Environ.* **2021**, *755*, 143095. [[CrossRef](#)]
42. Francomano, D.; Rodríguez González, M.I.; Valenzuela, A.E.J.; Ma, Z.; Raya Rey, A.N.; Anderson, C.B.; Pijanowski, B.C. Human-nature connection and soundscape perception: Insights from Tierra del Fuego, Argentina. *J. Nat. Conserv.* **2022**, *65*, 126110. [[CrossRef](#)]
43. Gale, T.; Ednie, A.; Beeftink, K.; Adiego, A. Beyond noise management: Exploring visitors' perceptions of positive emotional soundscape dimensions. *J. Leis. Res.* **2021**, *52*, 129–153. [[CrossRef](#)]

44. He, M.; Li, J.; Li, J.; Chen, H. A comparative study on the effect of soundscape and landscape on tourism experience. *Int. J. Tour. Res.* **2019**, *21*, 11–22. [[CrossRef](#)]
45. Kankhuni, Z.; Ngwira, C. Overland tourists' natural soundscape perceptions: Influences on experience, satisfaction, and electronic word-of-mouth. *Tour. Recreat. Res.* **2021**. [[CrossRef](#)]
46. Liu, A.; Wang, X.; Liu, F.; Yao, C.; Deng, Z. Soundscape and its influence on tourist satisfaction. *Serv. Ind. J.* **2018**, *38*, 164–181. [[CrossRef](#)]
47. Lu, Y.H.; Zhang, J.; Zhang, H.; Xiao, X.; Liu, P.; Zhuang, M.; Hu, M. Flow in soundscape: The conceptualization of soundscape flow experience and its relationship with soundscape perception and behaviour intention in tourism destinations. *Curr. Issues Tour.* **2021**. [[CrossRef](#)]
48. Morrison, C.A.; Auninš, A.; Benkő, Z.; Brotons, L.; Chodkiewicz, T.; Chylarecki, P.; Escandell, V.; Eskildsen, D.P.; Gamero, A.; Herrando, S.; et al. Bird population declines and species turnover are changing the acoustic properties of spring soundscapes. *Nat. Commun.* **2021**, *12*, 6217. [[CrossRef](#)] [[PubMed](#)]
49. Qiu, M.; Zhang, J.; Zhang, H.; Zheng, C. Is looking always more important than listening in tourist experience? *J. Travel Tour. Mark.* **2018**, *35*, 869–881. [[CrossRef](#)]
50. Dann, G.; Jacobsen, J. Tourism smellscapes. *Tour. Geogr.* **2003**, *5*, 3–25. [[CrossRef](#)]
51. Jiang, J.; Zhang, J.; Zhang, H.; Yan, B. Natural soundscapes and tourist loyalty to nature-based tourism destinations: The mediating effect of tourist satisfaction. *J. Travel Tour. Mark.* **2018**, *35*, 218–230. [[CrossRef](#)]
52. Xiao, J.; Tait, M.; Kang, J. Understanding smellscapes: Sense-making of smell-triggered emotions in place. *Emot. Space Soc.* **2020**, *37*, 100710. [[CrossRef](#)]
53. Björk, P.; Kauppinen-Räsänen, H. Destination foodscape: A stage for travelers' food experience. *Tour. Manag.* **2019**, *71*, 466–475. [[CrossRef](#)]
54. Chen, H.T.; Lin, Y.T. A study of the relationships among sensory experience, emotion, and buying behavior in coffeehouse chains. *Serv. Bus.* **2018**, *12*, 551–573. [[CrossRef](#)]
55. Goolaup, S.; Nunkoo, R. Reconceptualizing tourists' extraordinary experiences. *J. Travel Res.* **2021**, 00472875211064632. [[CrossRef](#)]
56. Park, E.; Kim, S.; Xu, M. Hunger for learning or tasting? An exploratory study of food tourist motivations visiting food museum restaurants. *Tour. Recreat. Res.* **2020**, *47*, 130–144. [[CrossRef](#)]
57. Su, X.; Zhang, H. Tea drinking and the tastescapes of wellbeing in tourism. *Tour. Geogr.* **2020**. [[CrossRef](#)]
58. Denstadli, J.M.; Jacobsen, J.K.S.; Lohmann, M. Tourist perceptions of summer weather in Scandinavia. *Ann. Tour. Res.* **2011**, *38*, 920–940. [[CrossRef](#)]
59. Rickard, S.C.; White, M.P. Barefoot walking, nature connectedness and psychological restoration: The importance of stimulating the sense of touch for feeling closer to the natural world. *Landsc. Res.* **2021**, *46*, 975–991. [[CrossRef](#)]
60. Hosany, S.; Martin, D.; Woodside, A.G. Emotions in tourism: Theoretical designs, measurements, analytics, and interpretations. *J. Trav. Res.* **2020**, *60*, 1391–1407. [[CrossRef](#)]
61. Volo, S. The experience of emotion: Directions for tourism design. *Ann. Tour. Res.* **2021**, *86*, 103097. [[CrossRef](#)]
62. Wang, L.; Hou, Y.S.; Chen, Z.X. Are rich and diverse emotions beneficial? The impact of emodiversity on tourists' experiences. *J. Travel Res.* **2021**, *60*, 1085–1103. [[CrossRef](#)]
63. Barrett, L.F.; Mesquita, B.; Ochsner, K.N.; Gross, J.J. The experience of emotion. *Ann. Rev. Psychol.* **2007**, *58*, 373–403. [[CrossRef](#)]
64. Ekman, P. *Emotion in the Human Face*, 2nd ed.; University Press: Cambridge, UK, 1982.
65. Izard, C.E. Emotion theory and research: Highlights, unanswered questions, and emerging issues. *Ann. Rev. Psychol.* **2009**, *60*, 1–25. [[CrossRef](#)]
66. Moors, A. Theories of emotion causation: A review. *Cogn. Emot.* **2009**, *23*, 625–662. [[CrossRef](#)]
67. Xu, X.; Kang, C.; Sword, K.; Guo, T. Are emotions abstract or concrete? *Exp. Psychol.* **2017**, *64*, 315–324. [[CrossRef](#)]
68. Pessoa, L. Understanding emotion with brain networks. *Curr. Opin. Behav. Sci.* **2018**, *19*, 19–25. [[CrossRef](#)] [[PubMed](#)]
69. Spunt, R.P.; Adolphs, R. The neuroscience of understanding the emotions of others. *Neurosci. Lett.* **2019**, *693*, 44–48. [[CrossRef](#)]
70. De Castella, K.; Platow, M.J.; Tamir, M.; Gross, J.J. Beliefs about emotion: Implications for avoidance-based emotion regulation and psychological health. *Cogn. Emot.* **2017**, *32*, 773–795. [[CrossRef](#)] [[PubMed](#)]
71. Frijda, N.H. The evolutionary emergence of what we call "emotions". *Cogn. Emot.* **2016**, *30*, 609–620. [[CrossRef](#)] [[PubMed](#)]
72. Hommel, B.; Moors, A.; Sander, D.; Deonna, J. Emotion meets action: Towards an integration of research and theory. *Emot. Rev.* **2017**, *9*, 295–298. [[CrossRef](#)]
73. Ridderinkhof, K.R. Emotion in action: A predictive processing perspective and theoretical synthesis. *Emot. Rev.* **2017**, *9*, 319–325. [[CrossRef](#)]
74. Niedenthal, P.M.; Rychlowska, M.; Wood, A. Feelings and contexts: Socioecological influences on the nonverbal expression of emotion. *Curr. Opin. Psychol.* **2017**, *17*, 170–175. [[CrossRef](#)]
75. Gendron, M. Revisiting diversity: Cultural variation reveals the constructed nature of emotion perception. *Curr. Opin. Psychol.* **2017**, *17*, 145–150. [[CrossRef](#)]
76. Johnson-Laird, P.N.; Oatley, K. The language of emotions: An analysis of a semantic field. *Cogn. Emot.* **1989**, *3*, 81–123. [[CrossRef](#)]
77. Chai, W.J.; Abd Hamid, A.I.; Abdullah, J.M. Working memory from the psychological and neurosciences perspectives: A review. *Front. Psychol.* **2018**, *9*, 401. [[CrossRef](#)]
78. Van der Stigchel, S. An embodied account of visual working memory. *Vis. Cogn.* **2020**, *28*, 414–419. [[CrossRef](#)]

79. Coghlan, A.; Buckley, R.; Weaver, D. A framework for analysing awe in tourism experiences. *Ann. Tour. Res.* **2012**, *39*, 1710–1714. [[CrossRef](#)]
80. Pearce, J.; Strickland-Munro, J.; Moore, S.A. What fosters awe-inspiring experiences in nature-based tourism destinations? *J. Sustain. Tour.* **2017**, *25*, 362–378. [[CrossRef](#)]
81. Wang, L.; Lyu, J. Inspiring awe through tourism and its consequence. *Ann. Tour. Res.* **2019**, *77*, 106–116. [[CrossRef](#)]
82. Buckley, R.C. Qualitative analysis of emotions: Fear and thrill. *Front. Psychol.* **2016**, *7*, 1187. [[CrossRef](#)] [[PubMed](#)]
83. Hetland, A.; Kjelstrup, E.; Mittner, M.; Vittersø, J. The thrill of speedy descents: A pilot study on differences in facially expressed online emotions and retrospective measures of emotions during a downhill mountain-bike descent. *Front. Psychol.* **2019**, *10*, 566. [[CrossRef](#)]
84. Ballantyne, R.; Packer, J.; Sutherland, L.A. Visitors' memories of wildlife tourism: Implications for the design of powerful interpretive experiences. *Tour. Manag.* **2011**, *32*, 770–779. [[CrossRef](#)]
85. Higham, J.; Bejder, L.; Williams, R. (Eds.) *Whale-Watching: Sustainable Tourism and Ecological Management*; University Press: Cambridge, UK, 2014.
86. Cong, L.; Wu, B.; Morrison, A.M.; Shu, H.; Wang, M. Analysis of wildlife tourism experiences with endangered species: An exploratory study of encounters with giant pandas in Chengdu, China. *Tour. Manag.* **2014**, *40*, 300–310. [[CrossRef](#)]
87. Montag, J.M.; Patterson, M.E.; Freimund, W.A. The wolf viewing experience in the Lamar Valley of Yellowstone National Park. *Hum. Dimens. Wildl.* **2005**, *10*, 273–284. [[CrossRef](#)]
88. Skibins, J.C.; Sharp, R.L. Binge watching bears: Efficacy of real vs. virtual flagship exposure. *J. Ecotourism* **2019**, *18*, 152–164. [[CrossRef](#)]
89. Schänzel, H.A.; McIntosh, A.J. An insight into the personal and emotive context of wildlife viewing at the Penguin Place, Otago Peninsula, New Zealand. *J. Sustain. Tour.* **2000**, *8*, 36–52. [[CrossRef](#)]
90. McIntosh, D.; Wright, P.A. Emotional processing as an important part of the wildlife viewing experience. *J. Outdoor Recreat. Tour.* **2017**, *18*, 1–9. [[CrossRef](#)]
91. Klinzing, J.G.; Niethard, N.; Born, J. Mechanisms of systems memory consolidation during sleep. *Nat. Neurosci.* **2019**, *22*, 1598–1610. [[CrossRef](#)] [[PubMed](#)]
92. Michaelian, K.; Sutton, J. Memory. In *The Stanford Encyclopedia of Philosophy Archive*; Zalta, E.N., Ed.; Stanford University: Stanford, CA, USA, 2017; Available online: <https://plato.stanford.edu/archives/sum2017/entries/memory> (accessed on 20 March 2022).
93. Zhang, H.; Fell, J.; Axmacher, N. Electrophysiological mechanisms of human memory consolidation. *Nat. Commun.* **2018**, *9*, 1–11. [[CrossRef](#)]
94. Brymer, E.; Schweitzer, R. *Phenomenology and the Extreme Sport Experience*; Taylor & Francis: Abingdon, UK, 2017.
95. Iyadurai, L.; Visser, R.M.; Lau-Zhu, A.; Porcheret, K.; Horsch, A.; Holmes, E.A.; James, E.L. Intrusive memories of trauma: A target for research bridging cognitive science and its clinical application. *Clin. Psychol. Rev.* **2019**, *69*, 67–82. [[CrossRef](#)]
96. Rubin, D.C.; Berntsen, D.; Deffler, S.A.; Brodar, K. Self-narrative focus in autobiographical events: The effect of time, emotion, and individual differences. *Mem. Cogn.* **2019**, *47*, 63–75. [[CrossRef](#)]
97. Sheldon, S.; Fenerci, C.; Gurguryan, L. A neurocognitive perspective on the forms and functions of autobiographical memory retrieval. *Front. Syst. Neurosci.* **2019**, *13*, 4. [[CrossRef](#)]
98. Buckley, R.C. Therapeutic mental health effects perceived by outdoor tourists: A large-scale, multi-decade, qualitative analysis. *Ann. Tour. Res.* **2019**, *77*, 164–167. [[CrossRef](#)]
99. Su, L.; Tang, B.; Nawijn, J. Eudaimonic and hedonic well-being pattern changes: Intensity and activity. *Ann. Tour. Res.* **2020**, *84*, 103008. [[CrossRef](#)]
100. Chen, C.C.; Petrick, J.F.; Shahvali, M. Tourism experiences as a stress reliever: Examining the effects of tourism recovery experiences on life satisfaction. *J. Travel Res.* **2016**, *55*, 150–160. [[CrossRef](#)]
101. Chen, C.C.; Huang, W.J.; Petrick, J.F. Holiday recovery experiences, tourism satisfaction and life satisfaction-is there a relationship? *Tour. Manag.* **2016**, *53*, 140–147. [[CrossRef](#)]
102. Chen, C.C.; Zou, S.; Gao, J. Towards the recovery mechanisms of leisure travel experiences: Does the length of vacation matter? *J. Travel Tour. Mark.* **2020**, *37*, 636–648. [[CrossRef](#)]
103. Bielinis, E.; Łukowski, A.; Omelan, A.; Boiko, S.; Takayama, N.; Grebner, D.L. The effect of recreation in a snow-covered forest environment on the psychological wellbeing of young adults: Randomized controlled study. *Forests* **2019**, *10*, 827. [[CrossRef](#)]
104. Buckley, R.C.; Westaway, D. Mental health rescue effects of women's outdoor tourism: A role in COVID-19 recovery. *Ann. Tour. Res.* **2020**, *85*, 103041. [[CrossRef](#)]
105. Svensson, M.; Brundin, L.; Erhardt, S.; Madaj, Z.; Hällmarker, U.; James, S.; Deierborg, T. Long distance ski racing is associated with lower long-term incidence of depression in a population based, large-scale study. *Psychiatry Res.* **2019**, *281*, 112546. [[CrossRef](#)]
106. Buckley, R.C. Nature tourism and mental health: Parks, happiness, and causation. *J. Sustain. Tour.* **2020**, *28*, 1409–1424. [[CrossRef](#)]
107. Buckley, R.C.; Brough, P.; Hague, L.; Chauvenet, A.; Fleming, C.; Roche, E.; Sofija, E.; Harris, N. Economic value of protected areas via visitor mental health. *Nat. Commun.* **2019**, *10*, 5005. [[CrossRef](#)]
108. Buckley, R.C.; Brough, P. Mental health: Set up long-term cohort studies. *Nature* **2021**, *595*, 352. [[CrossRef](#)]
109. Tester-Jones, M.; White, M.P.; Elliott, L.R.; Weinstein, N.; Grellier, J.; Economou, T.; Bratman, G.N.; Cleary, A.; Gascon, M.; Korpela, K.M.; et al. Results from an 18-country cross-sectional study examining experiences of nature for people with common mental health disorders. *Sci. Rep.* **2020**, *10*, 19408. [[CrossRef](#)]

110. Tomasso, L.P.; Yin, J.; Cedeño Laurent, J.G.; Chen, J.T.; Catalano, P.J.; Spengler, J.D. The relationship between nature deprivation and individual wellbeing across urban gradients under COVID-19. *Int. J. Environ. Res. Public Health* **2021**, *18*, 1511. [CrossRef]
111. White, M.P.; Elliott, L.R.; Grellier, J.; Economou, T.; Bell, S.; Bratman, G.N.; Cirach, M.; Gascon, M.; Lima, M.L.; Löhmus, M.; et al. Associations between green/blue spaces and mental health across 18 countries. *Sci. Rep.* **2021**, *11*, 8903. [CrossRef] [PubMed]
112. Chark, R.; King, B.; Tang, C.M.F. The journey from episodes to evaluations: How travelers arrive at summary evaluations. *J. Travel Res.* **2022**, *61*, 265–278. [CrossRef]
113. De Bloom, J.; Geurts, S.A.; Kompier, M.A. Vacation (after-) effects on employee health and well-being, and the role of vacation activities, experiences and sleep. *J. Happiness Stud.* **2013**, *14*, 613–633. [CrossRef]
114. Gump, B.B.; Hruska, B.; Pressman, S.D.; Park, A.; Bendinskas, K.G. Vacation's lingering benefits, but only for those with low stress jobs. *Psychol. Health* **2021**, *36*, 895–912. [CrossRef] [PubMed]
115. Kroesen, M.; Handy, S. The influence of holiday-taking on affect and contentment. *Ann. Tour. Res.* **2014**, *45*, 89–101. [CrossRef]
116. Mitás, O.; Kroesen, M. Vacations over the years: A cross-lagged panel analysis of tourism experiences and subjective well-being in the Netherlands. *J. Happiness Stud.* **2020**, *21*, 2807–2826. [CrossRef]
117. Packer, J. Taking a break: Exploring the restorative benefits of short breaks and vacations. *Ann. Tour. Res. Empir. Insights* **2021**, *2*, 100006. [CrossRef]
118. Sonnentag, S.; Cheng, B.H.; Parker, S.L. Recovery from work: Advancing the field toward the future. *Annu. Rev. Organ. Psychol. Organ. Behav.* **2022**, *9*, 33–60. [CrossRef]
119. Sousa, C.; Gonçalves, G. Back to work bang! Difficulties, emotions and adjustment strategies when returning to work after a vacation. *Int. J. Hum. Resour. Manag.* **2021**, *32*, 2242–2263. [CrossRef]
120. Syrek, C.J.; Weigelt, O.; Kühnel, J.; de Bloom, J. All I want for Christmas is recovery: Changes in employee affective well-being before and after vacation. *Work Stress* **2018**, *32*, 313–333. [CrossRef]
121. Yu, J.; Smale, B.; Xiao, H. Examining the change in wellbeing following a holiday. *Tour. Manag.* **2021**, *87*, 104367. [CrossRef]
122. Lee, D.J.; Kruger, S.; Whang, M.J.; Uysal, M.; Sirgy, M.J. Validating a customer well-being index related to natural wildlife tourism. *Tour. Manag.* **2014**, *45*, 171–180. [CrossRef]
123. Assaroudi, A.; Heshmati Nabavi, F.; Armat, M.R.; Ebadi, A.; Vaismoradi, M. Directed qualitative content analysis: The description and elaboration of its underpinning methods and data analysis process. *J. Res. Nurs.* **2018**, *23*, 42–55. [CrossRef]
124. Ebrahimi Belil, F.; Alhani, F.; Ebadi, A.; Kazemnejad, A. Self-efficacy of people with chronic conditions: A qualitative directed content analysis. *J. Clin. Med.* **2018**, *7*, 411. [CrossRef] [PubMed]
125. Thiri, M.A.; Villamayor-Tomás, S.; Scheidel, A.; Demaria, F. How social movements contribute to staying within the global carbon budget: Evidence from a qualitative meta-analysis of case studies. *Ecol. Econ.* **2022**, *195*, 107356. [CrossRef]
126. Spradley, J. *Participant Observation*; Holt, Rinehart and Winston: New York, NY, USA, 1980.
127. Hirst, W.; Phelps, E.A. Flashbulb memories. *Curr. Dir. Psychol. Sci.* **2016**, *25*, 36–41. [CrossRef] [PubMed]
128. Flanagan, J.C. The critical incident technique. *Psychol. Bull.* **1954**, *51*, 327–358. [CrossRef] [PubMed]
129. Loftus, E.F. Eavesdropping on memory. *Annu. Rev. Psychol.* **2017**, *68*, 1–18. [CrossRef] [PubMed]
130. Stone, E. Untitled Post. Available online: <https://cheezburger.com/16325637/the-wildest-and-funniest-encounters-people-had-with-wild-animals> (accessed on 20 March 2022).
131. Xiong, J.; Hashim, N.H.; Murphy, J. Multisensory image as a component of destination image. *Tour. Manag. Perspect.* **2015**, *14*, 34–41. [CrossRef]
132. Duff, H.; Vignoles, V.L.; Becker, M.; Milfont, T.L. Self-construals and environmental values in 55 cultures. *J. Environ. Psychol.* **2021**, *79*, 101722. [CrossRef]
133. Lwin, M.O.; Wijaya, M. Do scents evoke the same feelings across cultures? In *Sensory Marketing*; Krishna, A., Ed.; Routledge: London, UK, 2011; pp. 109–121.
134. Majid, A.; Roberts, S.G.; Cilissen, L.; Emmorey, K.; Nicodemus, B.; O'Grady, L.; Woll, B.; LeLan, B.; de Sousa, H.; Cansler, B.L.; et al. Differential coding of perception in the world's languages. *Proc. Natl. Acad. Sci. USA* **2018**, *115*, 11369–11376. [CrossRef] [PubMed]
135. Kipling, R. *Kim*; Macmillan: London, UK, 1901; p. 297.
136. Smalley, A.J.; White, M.P.; Ripley, R.; Atack, T.X.; Lomas, E.; Sharples, M.; Coates, P.A.; Groom, N.; Grand, A.; Heneberry, A.; et al. Forest 404: Using a BBC drama series to explore the impact of nature's changing soundscapes on human wellbeing and behavior. *Glob. Environ. Chang.* **2022**, 102497. [CrossRef]
137. Madzharov, A.V. Scents research and its applications in tourism. *Ann. Tour. Res.* **2021**, *93*, 103309. [CrossRef]
138. Wyles, K.J.; White, M.P.; Hattam, C.; Pahl, S.; King, H.; Austen, M. Are some natural environments more psychologically beneficial than others? The importance of type and quality on connectedness to nature and psychological restoration. *Environ. Behav.* **2019**, *51*, 111–143. [CrossRef]
139. Wang, R.A.H.; Nelson-Coffey, S.K.; Layous, K.; Jacobs Bao, K.; Davis, O.S.; Haworth, C.M. Moderators of wellbeing interventions: Why do some people respond more positively than others? *PLoS ONE* **2017**, *12*, e0187601. [CrossRef]
140. Köchling, A. Experiential marketing as a tool to enhance tourists' pre-travel online destination experiences? A web-based experiment. *J. Destin. Mark. Manag.* **2021**, *22*, 100669. [CrossRef]
141. Park, H.R.; Quidé, Y.; Schofield, P.R.; Williams, L.M.; Gatt, J.M. Grey matter covariation and the role of emotion reappraisal in mental wellbeing and resilience after early life stress exposure. *Transl. Psychiatry* **2022**, *12*, 85. [CrossRef]

142. Vos, T.; Lim, S.S.; Abbafati, C.; Abbas, K.M.; Abbasi, M.; Abbasifard, M.; Abbasi-Kangevari, M.; Abbastabar, H.; Abd-Allah, F.; Abdelalim, A.; et al. Global burden of 369 diseases and injuries in 204 countries and territories, 1990–2019: A systematic analysis for the Global Burden of Disease Study 2019. *Lancet* **2020**, *396*, 1204–1222. [[CrossRef](#)]
143. Brühlhart, M.; Klotzbücher, V.; Lalive, R.; Reich, S.K. Mental health concerns during the COVID-19 pandemic as revealed by helpline calls. *Nature* **2021**, *600*, 121–126. [[CrossRef](#)]
144. Burkova, V.N.; Butovskaya, M.L.; Randall, A.K.; Fedenok, J.N.; Ahmadi, K.; Alghraibeh, A.M.; Allami, F.B.M.; Alpaslan, F.S.; Al-Zu'bi, M.A.A.; Biçer, D.F.; et al. Predictors of anxiety in the COVID-19 pandemic from a global perspective: Data from 23 countries. *Sustainability* **2021**, *13*, 4017. [[CrossRef](#)]
145. Petersen, M.W.; Dantoft, T.M.; Jensen, J.S.; Pedersen, H.F.; Frostholm, L.; Benros, M.E.; Carstensen, T.B.W.; Ørnbøl, E.; Fink, P. The impact of the COVID-19 pandemic on mental and physical health in Denmark—A longitudinal population-based study before and during the first wave. *BMC Public Health* **2021**, *21*, 1418. [[CrossRef](#)] [[PubMed](#)]
146. Santomauro, D.F.; Herrera, A.M.M.; Shadid, J.; Zheng, P.; Ashbaugh, C.; Pigott, D.M.; Abbafati, C.; Adolph, C.; Amlag, J.O.; Aravkin, A.Y.; et al. Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. *Lancet* **2021**, *398*, 1700–1712. [[CrossRef](#)]
147. McDaid, D.; Park, A.L.; Wahlbeck, K. The economic case for the prevention of mental illness. *Annu. Rev. Public Health* **2019**, *40*, 373–389. [[CrossRef](#)]
148. Hakulinen, C.; Elovainio, M.; Arffman, M.; Lumme, S.; Pirkola, S.; Keskimäki, I.; Manderbacka, K.; Böckerman, P. Mental disorders and long-term labour market outcomes: Nationwide cohort study of 2 055 720 individuals. *Acta Psychiatr. Scand.* **2019**, *140*, 371–381. [[CrossRef](#)] [[PubMed](#)]
149. Marselle, M.R.; Warber, S.L.; Irvine, K.N. Growing resilience through interaction with nature: Can group walks in nature buffer the effects of stressful life events on mental health? *Int. J. Environ. Res. Public Health* **2019**, *16*, 986. [[CrossRef](#)]
150. Derose, K.P.; Wallace, D.D.; Han, B.; Cohen, D.A. Effects of park-based interventions on health-related outcomes: A systematic review. *Prev. Med.* **2021**, *147*, 106528. [[CrossRef](#)]
151. Jordan, E.J.; Spencer, D.M.; Prayag, G. Tourism impacts, emotions and stress. *Ann. Tour. Res.* **2019**, *75*, 213–226. [[CrossRef](#)]
152. Zins, A.H.; Ponocny, I. On the importance of leisure travel for psychosocial wellbeing. *Ann. Tour. Res.* **2022**, *93*, 103378. [[CrossRef](#)]
153. Kim, Y.; Ribeiro, M.A.; Li, G. Tourism memory, mood repair and behavioural intention. *Ann. Tour. Res.* **2022**, *93*, 103369. [[CrossRef](#)]
154. Buckley, R.C. Aww: The emotion of perceiving cuteness. *Front. Psychol.* **2016**, *7*, 1740. [[CrossRef](#)]