

Special Issue

Mental Health and the Natural Environment

Message from the Guest Editor

In recent years, there has been a growing recognition of natural environments' profound impact on mental health and well-being. As urbanization accelerates and lifestyles become increasingly detached from nature, many individuals experience heightened levels of stress, anxiety, and depression. Conversely, exposure to natural settings—whether through green spaces like parks and forests or blue spaces like rivers and oceans—has alleviated mental fatigue, reduced stress, and enhanced overall psychological well-being. The intricate relationship between mental health and the natural environment involves physiological, psychological, and social dimensions. **Purpose of the Special Issue** This Special Issue aims to deepen our understanding of the connections between mental health and the natural environment. We explore how interactions with nature promote psychological well-being, identify the mechanisms underlying these effects, and examine how environmental challenges impact mental health. We hope to inform interventions, policies, and practices that leverage natural environments to enhance mental health outcomes by gathering cutting-edge research from diverse disciplines.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: <https://www.mdpi.com/journal/behavsci>. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Editor-in-Chief

Prof. Dr. Jerrell Cassady

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