



## Topical Collection: Nature, Mindfulness and Social Isolation in Times of the COVID-19 Pandemic

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Deadline for manuscript submissions:

**closed (30 September 2021)**

### Message from the Guest Editors

The current world pandemic, COVID-19, has no precedent. The human race is socially/physically isolating in an attempt to flatten the curve of the viral incidence and to save lives. People are flocking to nature to find solace and protection from the rapid transmission of the virus in the cities only to learn they may only find respite sheltering in their residences. Human isolation has a plethora of psychological, physiological and spiritual implications. Nature spaces, green and blue, are limited due to the sheltering-in-place mandates and are needed more than ever to provide antidotes for human anxiety, fear of the unknown, loneliness, decreased immunity, and other health issues. Mindfulness is known for its multitude of benefits: increased immunity, connection with self, decreased anxiety and depression, and increased well-being.

During these uncertain and stress-filled times it is necessary to make an urgent call to contribute to this Special Issue in an effort to distribute empirical findings to assist practitioners and researchers in learning ways to assist people living during a pandemic.





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## Message from the Editor-in-Chief

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