



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

Guest Editors:

Dr. Margaret Mary Hansen

School of Nursing and Health Professions, University of San Francisco, 2130 Fulton Street, San Francisco, CA 94901, USA

Ms. Reo Jones

School of Nursing, Oregon Health and Science University, Portland, OR 97201, USA

Prof. Dr. Sara L. Warber

Department of Family Medicine, University of Michigan Medical School, Ann Arbor, MI 48109, USA

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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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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard N. Dixon
Research Center, Morgan State
University, Baltimore, MD 21251,
USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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MDPI, Grosspeteranlage 5
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