



Psychological Benefits of Walking or Staying in Forest Areas

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Message from the Guest Editor

In a COVID-19 or post-COVID-19 society, coexistence with nature and the benefits of nature will take on an even more important role as the stress stemming from the emergence of new infectious diseases and the spread of psychotic depression become a growing social problem. Research on the effects of walking and staying in forests and parks will therefore play an important role in improving mental health and preventing or improving mental illness. The purpose of this Special Issue is to identify the psychological effects of walking and staying in the forest and how they contribute to the improvement of mental health and the prevention or improvement of mental depression, which will be pivotal to a society coexisting with COVID-19.





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