



New Advances on Wellness Therapies Using Integrated Health Focusing on Nature

Guest Editors:

Dr. Amber Vermeesch

School of Nursing, University of
North Carolina at Greensboro,
Greensboro, NC 27412, USA

Dr. Chloé Littzen

School of Nursing, University of
Portland, Portland, OR 97203,
USA

Dr. Andrew Lafrenz

School of Nursing, University of
Portland, Portland, OR 97203,
USA

Deadline for manuscript
submissions:

closed (30 November 2022)

Message from the Guest Editors

Dear Colleagues,

We are at a critical time in our relationship with Nature: She needs our help to enact protections and policies. We need her aid in reconnecting with our roots. We need to rediscover our innate connection with Nature and her healing powers. This Special Issue will provide new advances in Nature-Based Interventions (NBI) that promote a sustainable and feasible approach to positively affect health and wellbeing. For example, using NBI is an effective intervention to positively affect mental health in a variety of populations (Gritzka et al., 2020) and is effective at reducing factors related to stress. NBIs also have positive benefits for individuals engaging in the natural environment, inducing overall good health, increased energy, increased sense of purpose, and decreased sense of stress (Chun et al., 2017; Hansen et al., 2017; Naor and Mayseless, 2020; Song et al., 2016). Papers addressing wellness interventions and NBIs are invited for this Special Issue, especially those describing new advances in the delivery of NBIs to a variety of populations and settings.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, 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. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)