



## Role of Recreation and Outdoor Activities in Promoting Mental Health and Positive Behaviors in People of All Ages

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### Message from the Guest Editors

Dear Colleagues,

Recreational activities in outdoor environments are of great interest to people of all ages—from children to older adults—across all countries. There is a rather large body of global literature that has contributed to a better understanding of how recreation and outdoor play activities improve mental health, provide a sense of psychological well-being, and encourage positive health-promoting behaviors regardless of an individual's lifespan status.

This Special Issue, 'Role of Recreation and Outdoor Activities in Promoting Mental Health and Positive Behaviors in People of all Ages,' invites submissions of papers that broaden our understanding of how mental health, positive behaviors, and well-being can be enhanced through outdoor activities from a variety of perspectives: age (child through older adult); type of engagement (such as passive or active); intent (recreation, therapeutic, or community); outcomes (particularly related to mental, psychological, spiritual, or emotional health); theoretical or empirical research (quantitative, qualitative, or multiple methods).

