

## VOLUNTEERING AND FOREST RESTORATION IN A NEIGHBORHOOD PARK PROVIDE POSITIVE EXPERIENCES AND WELLBEING

Session: A, Breakout Room #17

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This study intends to understand the motivation, experience, and change of mental state when volunteers dedicate themselves in a neighborhood park. A better understanding of these certain categories may help local parks and organizations to better cooperate with the volunteers and promote the careness of the local environment. Walking in nature has been proven in many literature as helpful and beneficial to one's mental state. Forest restoration in Washington state has been a current, well-recognized volunteering event which attracts participants to join in. The study aims to collect data from volunteers while they were working and witness if they felt connected to nature. Therefore, it is important to understand if working can be as helpful as walking in a neighborhood park.