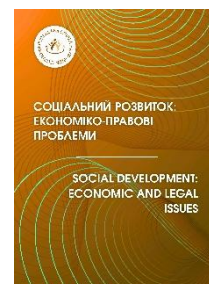







e-ISSN 3083-6018

SOCIAL DEVELOPMENT: Economic and Legal Issues

<https://www.eu-scientists.com/index.php/sdel>


Mechanisms of Psycho-Emotional Recovery of Personality in the Context of Natural and Recreational Practices and Restorative Tourism

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ARTICLE INFO

ABSTRACT

Research Article

DOI:

[10.70651/3083-6018/2025.10.10](https://doi.org/10.70651/3083-6018/2025.10.10)

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The recreational potential of tourism lies in restoring the physical and psycho-emotional strength of the body. Travel and tourist activities help people switch off from everyday stresses, change their usual environment, and get a boost of positive emotions and impressions. Communing with nature helps reduce psycho-emotional tension, restore inner harmony, and reduce symptoms of fatigue and the risk of emotional burnout. The purpose of the article is to analyze modern approaches to the organization of restorative tourism, which is considered an effective tool for psycho-emotional healing. Particular attention is paid to identifying current trends in the development of this type of tourism in the world and Ukraine. Results. It has been determined that restorative tourism combines recreational, psychological, and health elements thanks to the conditions created for a deep reboot of the body and mind. Its essence lies in the interaction of a person with the natural environment, which has a positive effect on the emotional state, reduces anxiety, and contributes to the formation of stress resistance. Psycho-emotional recovery through natural and recreational practices contributes to the formation of a new type of tourist behavior, where the main goal is not consumer demand, but the harmonization of a person's inner state and the restoration of their vital resources. International experience shows a wide range of models of psycho-emotional healing based on the use of natural and recreational practices. In global practice, this area of research is actively developing in the form of forest therapy programs, wellness retreats, mindfulness tours, and thermal and spa complexes, which have proven their effectiveness in restoring psycho-emotional balance. Domestic realities indicate significant potential for their active implementation and expansion. The synergy of natural resources, modern psychological techniques, and developed tourist infrastructure contributes to the creation of conditions for the development of competitive restorative tourism. Conclusion. Modern approaches to organizing restorative tourism in the context of psycho-emotional health are based on the principles of harmonious interaction between humans and nature, scientifically based psychological techniques, and environmental awareness. Such tourism is an important component of health culture and a new model of tourism of the future, focused on inner renewal, self-knowledge, and spiritual balance.

KEYWORDS

psycho-emotional recovery, nature-based recreational practices, restorative tourism, natural resources, digital detox, physical exercise.



e-ISSN 3083-6018

СОЦІАЛЬНИЙ РОЗВИТОК: економіко-правові проблеми

<https://www.eu-scientists.com/index.php/sdel>


Механізми психоемоційного відновлення особистості в контексті природно-рекреаційних практик та відновлювального туризму

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СТАТТЯ

АНОТАЦІЯ

Дослідниця

DOI:

[10.70651/3083-6018/2025.10.10](https://doi.org/10.70651/3083-6018/2025.10.10)

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Рекреаційний потенціал туризму полягає у відновленні фізичних і психоемоційних сил організму. Подорожі та туристичні заходи допомагають людині переключитися від повсякденних стресів, змінити звичну обстановку та отримати заряд позитивних емоцій і вражень. Спілкування з природою сприяє зниженню психоемоційного напруження, відновленню внутрішньої гармонії, а також зменшенню симптомів втоми і ризику емоційного вигорання. Метою статті є аналіз сучасних підходів до організації відновлювального туризму, який розглядається як дієвий інструмент психоемоційного оздоровлення людини. Особлива увага приділяється визначенню сучасних тенденцій розвитку цього виду туризму у світ та Україні. Результати. Визначено, що відновлювальний туризм поєднує рекреаційні, психологічні та оздоровчі елементи завдяки сформованим умовам глибокого перезавантаження організму і свідомості. Його сутність полягає у взаємодії людини з природним середовищем, що позитивно впливає на емоційний стан, знижує рівень тривожності та сприяє формуванню стійкості до стресів. Психоемоційне оздоровлення завдяки природно-рекреаційним практикам сприяє формуванню нового типу туристичної поведінки, де головною метою виступає не споживча потреба, а гармонізація внутрішнього стану людини та відновлення її життєвих ресурсів. Встановлено, що міжнародний досвід демонструє широкий спектр моделей психоемоційного оздоровлення, в основі яких лежить використання природно-рекреаційних практик. У світовій практиці досліджуваний напрям активно розвивається у вигляді програм forest therapy (лісова терапія), wellness-ретритів, mindfulness-турів, термальних і спа-комплексів, які довели свою ефективність у відновленні психоемоційного балансу. Вітчизняні реалії засвідчують наявність значного потенціалу для їх активного впровадження та розширення. Синергія природних ресурсів, сучасних психологічних методик і розвинутої туристичної інфраструктури сприяє створенню умов для розвитку конкурентоспроможного відновлювального туризму. Висновок. Сучасні підходи до організації відновлювального туризму у контексті психоемоційного здоров'я базуються на принципах гармонійної взаємодії людини з природою, науково обґрунтованих психологічних методиках та екологічній свідомості. Такий туризм є важливою складовою культури здоров'я та новою моделлю туризму майбутнього, орієнтованою на внутрішнє відновлення, самопізнання та духовну рівновагу.

КЛЮЧОВІ СЛОВА

психоемоційне оздоровлення, природно-рекреаційні практики, відновлювальний туризм, природні ресурси, цифровий детокс, фізичні вправи.

1. Introduction

The modern rhythm of life, which is accompanied by a fast pace, oversaturation of information and chronic stress, gradually reduces the psycho-emotional stability of a person. As a result, it causes sleep problems, disability, and burnout. Habitual forms of recreation are not always able to fully restore internal resources, because they are often reduced to entertainment or consumption, and do not have a therapeutic or harmonizing effect. One of the most effective areas of support is restorative tourism, which is based on natural and recreational practices. It combines the physical, emotional and spiritual recovery of the human being through direct contact with the natural environment. Psycho-emotional recovery with the help of natural and recreational practices contributes to the formation of a new model of tourist behavior, which is focused not on consumption, but on achieving inner harmony and restoration of vitality. The study of modern approaches to the organization of restorative tourism is also of great importance in the formation of a competitive tourist product of Ukraine.

2. Literature Review

The study was based on a comprehensive analysis of scientific sources. K. Maksymova et al. (2024) consider varieties of health-improving fitness technologies as an effective tool for psycho-emotional recovery, in particular, in wartime. The authors consider fitness and various fitness technologies, the basis of which is the introduction of fitness programs, to be a modern, effective way to improve health. They presented the main classification of fitness programs as a key means of psycho-emotional recovery and improvement of mental and physical condition. Y. Vykhliaiev (2023) investigated recreational technologies, which are an algorithm for the use of motor exercises in accordance with the scientific and methodological principles of physical education, enhancing their health-improving effect due to recreational factors. Ye. Drazina et al. (2025) determined the role of tourist technologies in the system of health-improving and recreational motor activity and their complex impact on the physical, psycho-emotional and social state of a person. I. Shamara et al. (2024) highlighted the aspects of the positive impact of the retreat on human psychological health. The team of authors I. AVECILLAS-TORRES et al. (2025) investigated the effects of outdoor tourism in relieving symptoms of depression, anxiety and stress. A systematic review of the effect of retreats on health was performed by D. Naidoo et al. (2018).

3. Problem Statement

The purpose of the article is to consider the features of modern approaches to the organization of restorative tourism as an effective means of psycho-emotional recovery of a person, as well as to determine the directions of development of this type of tourism in Ukraine based on the use of natural and recreational potential and international experience.

4. Methods and Materials

In the course of work on the article, general scientific methods of cognition were used: system and dialectical approaches, methods of analysis and synthesis, comparative method, as well as methods of generalization and systematization of knowledge. The theoretical basis of the work was the research of leading scientists from Ukraine and other countries, who are devoted to the study of the essence of psycho-emotional recovery, the application of natural and recreational practices and the specifics of restorative tourism.

5. Results and Discussion

Psycho-emotional recovery is a process of improving the psychological state of a person, reducing emotional stress and strengthening the nervous system through special programs, techniques and practices of relaxation. These sets of measures help to achieve psycho-emotional relief, improve the overall psychological state and strengthen the immune system.

Among the main aspects of psycho-emotional recovery are: unloading – reducing the level of stress and emotional stress; strengthening – improving the functioning of the nervous system and increasing immunity; psychological practices – the use of relaxation techniques, psychological exercises and additional techniques to improve the emotional state; sleep – ensuring a full and healthy rest, which is an important factor in the process of recovery; Nutrition is a balanced diet as an integral part of an integrated approach to maintaining psycho-emotional health.

Tourist activity is a unique phenomenon that harmoniously combines aspects of physical activity, recreation and the process of education. Its health, recreational and educational potential is due to the synergistic influence of various components, which in combination contribute to the improvement of the physical condition, psycho-emotional well-being and social adaptation of a person [1, p. 4]. The health potential of tourist activity is manifested primarily in the provision of regular physical activity of medium or variable intensity. Being in the fresh air and in natural conditions stimulates the immune system, normalizes metabolic processes and helps to harmonize the body's biorhythms. The recreational potential of tourism is manifested in the restoration of physical and psycho-emotional resources of the body. Tourist trips and events allow a person to escape from stressful situations, change the usual environment of activity and enjoy positive impressions and emotions. Contact with nature helps to reduce psycho-emotional stress, promotes internal balance, and reduces manifestations of fatigue and emotional burnout [1, p. 5].

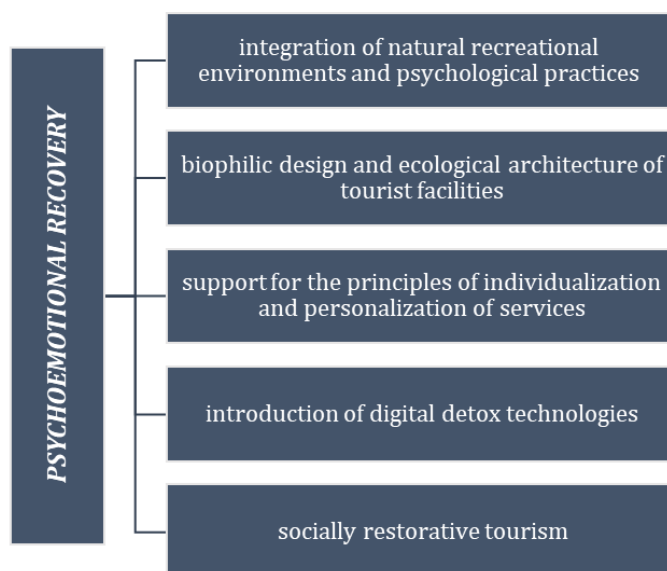


Figure 1. Modern trends in psycho-emotional recovery through natural and recreational practices

Source: Compiled by the authors.

Among modern approaches, it is worth highlighting the integration of the natural and recreational environment and psychological practices. This includes meditation techniques, yoga, breathing techniques, art and music therapy, which are carried out in the conditions of a natural landscape – forest, mountains, lake or sea coast. Such methods have an evidence base for influencing the nervous system, help reduce the level of anxiety, and increase concentration and emotional stability.

Another important approach is biophilic design and ecological architecture of tourist sites. Biophilic design is a concept in architecture and design that involves the integration of natural elements such as living plants, water, natural light, natural materials and organic forms into living and working spaces. Its main goal is to create an environment that improves the physical and psychological condition of a person. It helps to reduce stress, improve mood, increase concentration levels, sleep quality and overall productivity due to the harmonious combination of human life with nature [2]. Hotels, spa complexes, and recreation centers create a space that combines natural materials, natural light, open views of the landscape and calm colors. Such elements of the environment form a sense of security, harmony and comfort, which are basic for psycho-emotional recovery.

The modern organization of recreational tourism also involves the use of the principles of individualization and personalization of services. Tourist programs are created taking into account the

psycho-emotional state, stress level, physical activity, age and personal preferences of a particular client [3]. These may include psychologist consultations, psychotherapeutic sessions, relaxation programs, dietary nutrition, and dosed physical activity.

In addition to these trends, it is worth highlighting the introduction of digital detox technologies. This refers to the conscious rejection of gadgets, the Internet and social networks for the duration of their stay on recovery tours [4]. This helps a person reduce the information load, restore the ability to deep rest and live communication. In many countries, this practice is accompanied by workshops on meditation, working with the body and natural materials.

Another modern direction is social and restorative tourism, focused on supporting vulnerable groups of the population – military, volunteers, and medical workers who have experienced psychological exhaustion. Such programs combine natural factors with group psychotherapeutic practices, body-oriented techniques and recreational activities.

Various fitness programs are an effective and effective means of restoring the psycho-emotional state, in particular, in the context of a military conflict. This includes cardio training, strength exercises, dance classes, training with elements of martial arts, classes in the water using special equipment, as well as psych regulatory practices. A systematic classification of such programs allows you to choose the optimal type of fitness training that will meet the individual psycho-emotional needs and preferences of students who want to engage in health-improving exercises in order to improve psychological and emotional well-being [5, p. 69; 6, p. 32].

Physical exercises have a beneficial effect on the psycho-emotional sphere of a person. They awaken positive emotions, improve mood and strengthen confidence in a speedy recovery. Thanks to the performance of physical exercises, excitement and anxiety associated with the residual consequences of injuries or illnesses are reduced, as well as the phenomena of psychogenic inhibition of recovery processes are weakened. A positive emotional state that arises during classes stimulates physiological processes in the body, which plays a key role in restoring health [7, p. 245-246]. Water aerobics is one of the most versatile means of influencing the human body, aimed at improving overall health. It includes a wide range of adapted exercises, the effectiveness of which is significantly enhanced by the unique conditions of classes, such as a specially equipped pool, purity and transparency of the water, the aesthetic appearance of the instructor and well-chosen musical accompaniment. Within the integrative program known as water aerobics, various forms of motor activity are combined into a single recreational process. This process is aimed not only at improving physical indicators, but also at improving the psycho-emotional state [7, p. 292].

One of the most famous destinations in the world is the Japanese concept of “Shinrin-yoku” or “forest bathing”, which involves immersion in the atmosphere of the forest to reduce stress levels, restore emotional balance and improve overall health [8–10]. The positive effect of forest therapy on health is explained by the harmonious combination of relaxation techniques, moderate physical activity and the healing environment of natural forest spaces. This approach is considered a cost-effective way to manage stress, as it contributes to both improved physical condition and overall mental well-being. In South Korea, forest therapy is defined by law as an activity to strengthen immunity and promote health using various elements of the forest [11]. Such practices are actively implemented in Finland and Canada, where special forest routes have been created with qualified guides-therapists who help participants restore their psycho-emotional state through contact with nature.

In Europe and the United States, the format of wellness and mindfulness retreats is widespread – this is a wellness recreation that combines yoga, breathing techniques, balanced nutrition, aromatherapy and psychological consultations and can be held in various places, including specialized retreat centers, boutique hotels, or places in nature [12]. Such facilities range from small establishments (for example, ashrams in India, which are focused on a spiritual lifestyle) to upscale resorts and residential centers that provide support services for people with chronic diseases [13]. Well-known examples are the Swiss center Clinique La Prairie, the German chain Lanserhof, and the American Miraval Resort – combining traditional resort services with scientifically proven methods of reducing anxiety and restoring the nervous system.

In Ukraine, the direction of regenerative tourism is at the stage of formation. Ukrainian hotels, resorts and spa centers are actively expanding the range of their services, offering specialized programs. Visitors have access to meditation areas, yoga studios, spa and wellness treatments, and other resources aimed at relaxation and spiritual enrichment [14, p. 117]. The Carpathian region is gradually turning

into a center of natural and recreational practices. The complexes “Taor Karpaty Resort & Spa”, “Verholy Relax Park”, “Voevodyno Resort” offer programs that combine yoga, meditation, aromatherapy, bathing in vats and walks in the forests, using local natural resources [15]. In Truskavets, Morshyn and Skhidnytsia, classical balneological institutions are beginning to include art therapy, psychological trainings and relaxation sessions in their programs, which brings them closer to the concept of restorative tourism [16].

Special attention should be paid to initiatives aimed at the psychological rehabilitation of the military and volunteers. In the Carpathians and Podillia, specialized programs are organized, such as Forest Resilience Camp and Recovery Camp Ukraine, which combine communication with nature, art therapy, bodily practices, and team interaction [17]. In different parts of Ukraine, projects are offered for military personnel on leave and veterans in need of rest and recovery. One of them invites the military to live among a herd of Hutsul horses, where hippotherapy takes place through communication, observation and interaction, which contributes to relaxation and mental recovery. In Uzhhorod, recovery classes for the military and their families were organized in the form of dance therapy, which was initiated by the public organization “Volunteers of Transcarpathia”. In Kyiv, in the Podilskyi district, there is a recovery garden where you can work on overcoming mental trauma. The space includes specially equipped areas: walking paths, a central location for group classes, gazebos for couples therapy and separate booths for individual privacy. Based on the Dovgan-art pottery workshop in the village of Khotiv, Obukhiv district, together with the Ukrainian Veterans Foundation, a platform for creativity has been created, where master classes in pottery are held. In addition, the Gorootherapy project, organized by the NGO “Metta”, considers nature as a healing force in supporting war victims, including veterans struggling with post-traumatic stress disorder [18].

At the same time, short-term wellness tours and thematic retreats are developing – “detox tours”, “yoga weekends”, “mindfulness retreats”, held in natural locations of the Carpathians, Shatsk Lakes and other parts of the country. Yoga tours are conducted by experienced instructors who develop programs that harmoniously combine classes for different levels of training. The program can cover a wide range of practices, including asanas, meditation, breathing techniques, as well as lectures and discussions on spiritual development and personal growth [19].

Thus, international practice demonstrates a variety of models of psycho-emotional recovery through natural and recreational practices, and the Ukrainian experience confirms the potential for their active development. The integration of natural resources, psychological approaches and tourist infrastructure creates conditions for the formation of competitive recreational tourism, which can positively affect both individual human health and the development of the tourism industry as a whole.

6. Conclusions

Psycho-emotional recovery with the help of natural and recreational practices contributes to the formation of a new model of tourist behavior, which is focused not on consumption, but on achieving inner harmony and restoration of vitality. Being in a natural environment, which is characteristic of most types of tourism, as a result, helps to reduce the level of stress and anxiety. Contact with nature activates psychophysiological mechanisms of relaxation: blood pressure decreases, heart rate evens out and hormonal levels stabilize. Walking along forest paths, water routes or mountain trails create favorable conditions for restoring emotional balance and enhancing the feeling of inner harmony. The international experience of psycho-emotional recovery through natural and recreational practices demonstrates the effective integration of natural, psychological and wellness techniques into the field of tourism. In Ukraine, interest in this direction is being formed, but it has a powerful potential due to the unique natural, climatic and cultural resources of the regions.

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