



Special Issue on Emotional Well-being and its Role in Health Promotion and Wellness

Call for Papers

Recently many studies have showed that emotional well-being and mental health concerns are major health issues in everyday's life. And they can also greatly affect physical health. Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties. Stress, depression, and anxiety can contribute to a host of physical ailments including digestive disorders, sleep disturbances, and lack of energy. The challenge can be two-pronged: treat the mental and emotional health issues while also caring for the related physical ailments.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on exploring **emotional well-being and its role in health promotion and wellness**. Potential topics include, but are not limited to:

- Physical, mental and social wellbeing
- Emotional Well-being
- Spiritual well-being
- Well-Being measurement
- Health enhancement
- Emotional distress
- Risk factors for mental and emotional problems

Authors should read over the journal's [Authors' Guidelines](#) carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal's [Paper Submission System](#).

Please kindly notice that the “**Special Issue**” under your manuscript title is supposed to be specified and the re-search field “**Special Issue - Emotional Well-being and its Role in Health Promotion and Wellness**” should be chosen during your submission.

According to the following timetable:

Manuscript Due	April 6th, 2015
Publication Date	June 2015

Guest Editor:



For further questions or inquiries
Please contact Editorial Assistant at
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