



Special Issue on Stress Management and Psychology

Call for Papers

Stress is our body's way of responding to any kind of demand or threat. Everyone experiences stress in some way, which may related to work, family, decisions and so on. In psychology, stress is a feeling of strain and pressure. Positive stress is beneficial and healthy, which plays a factor in motivation, adaptation, and reaction to the environment. While excessive amounts of stress may lead to bodily harm, which can increase the risk of strokes, heart attacks, ulcers, and mental illnesses.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on exploring **Stress Management and Psychology**. Potential topics include, but are not limited to:

- Job stress
- Life stress
- Stress symptoms
- Relaxation techniques
- Childhood stress
- Stress and mood
- Stress and anxiety
- Stress and migraine
- Stress and health

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

Please kindly specify the “**Special Issue**” under your manuscript title. The research field “**Special Issue - Stress Management and Psychology**” should be selected during your submission.

Special Issue Timetable:

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Publication Date	February 2018

Guest Editor:

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