



Special Issue on Stress Management

Call for Papers

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being.

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

- Interventions and therapy
- Posttraumatic stress disorder
- Stress and mental health
- Chronic stress and acute stress
- Distress tolerance
- Stress, mood and cognition
- Meditation
- Coping strategy
- Stress relaxation and resilience
- Stress, well-being, Lifestyle and satisfaction
- Gender factor
- Psychiatric factors
- Emotional intelligence and emotional expression
- Social support

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 notice that the “**Special Issue**” under your manuscript title is supposed to be specified and the research field “**Special Issue – Stress Management**” should be chosen during your submission.

According to the following timetable:



Submission Deadline	June 18th, 2019
Publication Date	August 2019

For publishing inquiries, please feel free to contact the Editorial Assistant at submission.entrance1@scirp.org

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