

Optimize Brain, soul, and wellness in order to establish desired life

Lucy D Silva

Happy As Larry Group, UK

6th Congress on Anxiety Depression and Stress Management was successfully executed on March 18 & 19, 2019 in London, UK. The global crowd who showed their gracious presence at Stress Management 2019 belonging to the diverse field of Spine and Spinal Disorders contributed to making it successful. The event was organized at Sheraton Heathrow Hotel. The attendees had a great time to interact and utilize the opportunity to network to the people from all around the world from the diverse field of Stress Research, Psychiatry and Neurological Disorders. The conference had an efficacious echo of talks over the theme "Optimize Brain, soul, and wellness in order to establish desired life" Stress Management 2019 Organizing Committee would like to thank All the speakers, Delegates, Doctors, Researchers from all over the world along with the onsite organizer. To take the utmost privilege and honor to invite and welcome you to the 7th World congress on Anxiety, Depression, and Stress Management on July 6th and 7th, 2020. It goes without saying that our goal is to catalyze and feed researchers, clinicians, consultants and their expertise to the people affected by the above and to provide information. At the same time, it creates opportunities for fellow researchers to engage with highly skilled professionals to invoke and nurture them, but also to spread the advances in research. The experts have evolved and designed the scientific sessions, clinical trial results, analytics, case studies, presentations and researchers, practitioners, consultants globally will be exhibiting their research and expertise of Anxiety, Depression and Stress Management The day 1 of the event was accompanied by Workshop by Roy Kiessling, EMDR Consulting, The USA and the conference was glorified by the following special and keynote talks by: Roy Kiessling | EMDR | USA Lara S F Carneiro | University of Ismaïl | Portugal Bindu Babu | Holistic Entrepreneurship | USA Jeffrey Marksberry | Electromedical Products International Inc. | USA Maysar Sarieddine | The Inner Space | Lebanon Asha Mankowska | Business & Life Coaching/Consulting | USA Fayeze Azeze Mahamid | Northumbria University | UK Hadi Eltonsi | Cairo University Medical College | Egypt The attendees have a great time at Stress Management 2019 in London enjoying great talks, exhibition and dispersed for High Tea and lunch break in between. The event ended with a closing ceremony with the distribution of certificates and mementos with the motto Optimize Brain, soul, and wellness in order to establish desired life Special thanks to our Organizing Committee Members including the Chair, Co-Chairs and Media Partners for Stress Management 2019. After successful execution of Stress Management 2019, we are happy to proclaim about the upcoming 7th Congress on Anxiety, Depression and Stress Management July 6 - 7th, 2020 at Amsterdam, Netherlands Stress Management: Stress is the natural defense of the body from predators and danger. It flushes hormones in the body to prepare systems for avoiding confronting danger. This is known as the mechanism of "fight or flight." When we face a challenge, it's part of our physical response. The body activates resources to protect us by either preparing us to stay and fight or to escape as quickly as possible. Lifestyle factors that cause this reaction are called Stressors. Examples include noise, antisocial behavior, a speeding car, scary movie moments, or even a first date out. The more we experience

Stressors, the more we tend to feel Stressed. Stress slows down normal functions of the body, including digestive and immune systems. All resources can then rely on rapid breathing, blood flow, alertness, and the use of muscle Market analysis The global market size for corporate wellness is projected to reach USD 90.7 billion by 2026 rising at a CAGR of 6.8 percent increasing cases of obesity raise insurance costs, which accounts for the financial burden on employers. Initiatives for corporate wellbeing address-specific health risk factors such as stress, obesity, smoking, poor diet, and lack of exercise. Employers have started to provide some kind of health programs to prevent disease and improve productivity. According to a study conducted by Harvard economists, for every dollar spent on wellness programs, absenteeism costs fell by USD 2.73. Employees must, therefore, be encouraged to adopt a healthier lifestyle in order to improve their lives. Psychiatrists in the future will help educate and boost people with severe mental illness to know their lifestyle, including smoking, unhealthy diet, and lack of exercise. The adoption of the council presented in the paper worldwide will help to improve the medical and Psychiatric health outcomes of patients with Severe Mental Illness Below Graph clearly shows how the people are affecting with various Mental Illness Anxiety and Depression Association of America (ADAA) · American Academy of Child and Adolescent psychiatry · European Psychiatric Association · World Psychiatric Association