

7th World Congress on Anxiety, Depression and Stress Management at Amsterdam, the Netherlands on 6-7 July 2020

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We are pleased to call on all the world's eminent people to hold the 7th World Congress on Anxiety, Depression and [Stress Management](#) in Amsterdam, the Netherlands on July 6-7, 2020.

[Stress Management 2020](#) is a renowned meeting for neurologists, psychiatrists and researchers with the theme of **Optimize Brain, Soul, and Wellness in order to establish Desired Life**

The intention of Stress Management 2020 will provide an impeccable program to share their thoughts and scholarly views with physicists cover the entire range of stress, anxiety and depression research and to share the bridge-cultural experience of numerous treatment pathways.

The World Congress on Anxiety, Depression and Stress Management will anticipate interdisciplinary research studies on **Anxiety, Depression** and [Stress Management 2020](#) that will include oral presentations, keynote presentations, poster presentations, and phenomenal workshops and exhibitions. Experts have developed and designed scientific sessions, results of clinical trials, analytics.

This is an incredible platform for delegates from various universities and industries to engage socialize and interact with high-level scientists from all over the world. Be part of this conference to figure out more about anxiety, depression, and Stress disorders and treatment/therapy.

[Stress Management 2020](#) will provide a forum for one another to reflect, explore and learn. The conference regularly attracts psychologists, doctors, mental health professionals, psychotherapists, specialists in stress management, experts in mindfulness, neurologists, researchers, and teachers, chairs of departments, academics, students, lecturers, PhD scholars, and academic leaders.

[Stress Management 2020](#) includes distinguished workshops, keynote addresses, plenary sessions, oral and poster presentations, conferences, symposia, exhibits, sponsorships, and extensive networking opportunities, as well as alliances and media collaborations that create

public recognition and add value to the career profiles recruited.

Stress is a common condition which can adversely affect a person's quality of life and health. This happens when an individual feels that they can't cope with too much stress. In response to stress, the body produces stress hormones (e.g. corticosteroids) and increases heart rate and blood pressure. Stress is every day a normal part of human life

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 program to prevent disease and improve productivity.

Another [stress management](#) congress successfully completed the 6th edition. We would like to thank the participants, the SHERATON HEATHROW HOTEL, the Conference Centre's staff, the Organizing Committee, the Ad-Sponsors, the Media Partners and everyone else who helped coordinate this 6th World Congress on Anxiety, Depression and [Stress Management](#) with the theme, Effortful opportunities and future research findings to address anxiety, depression and stress.

