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:

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<th>Manuscript Due</th>
<th>April 6th, 2015</th>
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<td>Publication Date</td>
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