



Job-Related Stress, Burnout and Quality of Life

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Message from the Guest Editors

In today's fast-paced and competitive world, job-related stress and burnout have become prevalent issues that significantly impact individuals' quality of life. Addressing job-related stress and burnout is crucial for promoting a healthy work environment and improving individuals' quality of life. Employers play a vital role in implementing strategies and policies that support work-life balance, provide opportunities for skill development and advancement, encourage open communication, and promote employee well-being. Likewise, individuals need to prioritize self-care, set boundaries, practice stress management techniques, and seek support when needed. By recognizing and addressing job-related stress and burnout, we can create a more sustainable and fulfilling work culture that enhances the well-being and quality of life of individuals, leading to increased job satisfaction, productivity, and overall societal well-being. In this Special Issue, we look forward to collecting original research articles and reviews focused on work stress, burnout and quality of life.

