



Stress Management for Health

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Message from the Collection Editor

People all over the world can encounter potentially challenging or stressful events and situations. The systems of the body are coordinated to facilitate rapid mental processing and musculoskeletal actions as soon as a threat is perceived. These physiological responses to manage or avoid such stressors are natural and potentially life-saving. However, for modern society, the natural responses are not always appropriate. Furthermore, if the stressors are not overcome and the physiological response persists for extended periods of time, the mental and/or the physical health of the individual can be impaired. Such impairment can reduce the quality of life for the individual and place a burden of care on their family, health professionals and the community. On the positive side, researchers are developing low-cost, effective interventions for stress management in all areas of life. Increasing the successful management of stress would not only improve the health and quality of life for the individuals concerned, but reduce the burden of cost on society. This collection brings together current research into all aspects of stress management for mental and physical health.





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Message from the Editor-in-Chief

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