

Special Issue

Building a Resilient Workforce: Strategies for Promoting Mental and Physical Health at Work

Message from the Guest Editors

In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following themes:

- Leadership and employee well-being.
- Work-life balance.
- Stress management.
- Mental health support systems, including counseling and employee assistance programs, in promoting resilience.
- Physical wellness programs and ergonomic workplace designs.
- Organizational culture and resilience.
- Technological interventions: exploring the role of digital tools and technologies in supporting employee mental and physical health.
- Training and development.
- Resilience in remote and hybrid work environments.
- Diversity and inclusion, as well as overall well-being of employees.

We look forward to receiving your contributions to this Special Issue, which aims to advance our understanding and application of strategies for building a resilient workforce.

Guest Editors

Dr. Kavitha Haldorai

Dedman College of Hospitality, Florida State University, Tallahassee FL 32306, USA

Dr. Souji Gopalakrishna Pillai

Horst Schulze School of Hospitality Management, College of Human Sciences, Auburn University, Auburn, AL 36849, USA

Deadline for manuscript submissions

30 April 2026



Administrative Sciences

an Open Access Journal
by MDPI

Impact Factor 3.1
CiteScore 5.6



mdpi.com/si/214086

Administrative Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
admsci@mdpi.com

[mdpi.com/journal/
admsci](https://mdpi.com/journal/admsci)





Administrative Sciences

an Open Access Journal
by MDPI

Impact Factor 3.1
CiteScore 5.6



[mdpi.com/journal/
admsci](https://mdpi.com/journal/admsci)



About the Journal

Message from the Editor-in-Chief

Welcome to *Administrative Sciences*, the journal aims to advance and communicate knowledge concerning management theory and practice both in public administration and in profit organizations; it encourages submissions that build on interdisciplinary research in related fields, such as business, economics, political science, gender studies, psychology, sociology, physiology, communication theory or artificial intelligence and their implications on management, organizations and the society. Join us on a journey through the *Administrative Sciences*, where management merges with innovation.

Editor-in-Chief

Prof. Dr. Isabel-María García-Sánchez

Department of Business Administration and Economics, Universidad de Salamanca, 37007 Salamanca, Spain

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, ESCI (Web of Science), RePEc, EconBiz, and other databases.

Journal Rank:

JCR - Q2 (Management) / CiteScore - Q2 (General Business, Management and Accounting)