

## Special Issue

# Job-Related Stress, Burnout and Quality of Life

### 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.

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### Guest Editors

Dr. Joana Vieira-dos Santos

Dr. Luís Felipe Dias Lopes

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Dr. Sónia P. Gonçalves

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### Deadline for manuscript submissions

closed (30 May 2024)



## Behavioral Sciences

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With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: <https://www.mdpi.com/journal/behavsci>. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

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### Editor-in-Chief

Prof. Dr. Jerrell Cassady

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