

## Special Issue

# Strategies and Interventions for Supporting the Holistic Well-Being of Clinicians and Nurses

### Message from the Guest Editors

Healthcare workers are at risk of mental health illnesses, such as burnout, stress, and depression, due to a variety of stress factors in the workplace, including long working hours, shift work, workplace violence, and a lack of social support at work, among other things. This may lead to adverse outcomes, limited not just to an individual level, but which can also affect an organization's productivity and the quality of care. In view of the persistent occupational stressors and the many challenges involved in providing healthcare, attention to the well-being of these workers has increased. Well-being is a complex and multifaceted construct that can be described as optimal human experience and psychological functioning, involving subjective experiences and objective conditions that reflect physical and psychosocial wellness. This Special Issue aims to offer the most current evidence that has been developed in this area, with special interest in original research articles and reviews. A range of methodologies, including quantitative, qualitative, and mixed, are welcome.

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### Guest Editors

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Dr. Sonia Martins

Dr. Ana Isabel Carvalho Teixeira

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### Deadline for manuscript submissions

25 December 2025



## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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