The Third International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 23-24 November, 2016
The Neuroscience Journal of Shefaye khatam
Volume 4, No. 3, Suppl 1

Oral Presentation

The Importance of Anxiety and Stress Relief Programs

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Published: ***23-24 November, 2016***

Abstract

Stress is a physiological reaction to the ever-increasing demands of life. After each stressful event, the body should be returned to a normal relaxed state. However, continuous stress of modern life sometimes put the subjects at risk of developing a range of diseases; from psychosomatic to anxiety disorders. Stress management program gives a range of tools to reduce the impact of stress and prevent its complications. Stress and anxiety relief enhances human abilities and resources and has a great impact on public health. Higher stress levels leads to higher healthcare costs and lower productivity, which causes the loss of economic resources. To run an appropriate stress relief program will promote the public health and prevent waste of resources.

Keywords: Stress, Anxiety, Public health

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