Stress and Mindfulness 2025

Tentative Program

12th International Conference on

Stress, Mindfulness, Meditation and Resilience

April 23-24, 2025 | Paris, France



SPEAKER SLOTS... Available

Conference Series LLC Ltd
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https://stress-mindfulness.annualcongress.com/

- Interactive Sessions
- Keynote/Plenary Lectures
- Workshops/Symposiums
- YRF/Best Poster Awards
- Exhibitors
- B2B Meetings

Stress and Mindfulness 2025

Program Outline			
Day-1	Registration		08:00-09:00
	Inaugural Session		09:00-09:15
	Keynote/ Plenary talks	Keynote/ Plenary talk: 1 **(Academia)**	09:15-09:45
		Keynote/ Plenary talk: 2 **(Industry)**	09:45-10:15
		Keynote/ Plenary talk: 3 **(Exhibitor/Sponsor slot)**	10:15-10:45
	Coffee break/ Networking		10:45-11:00
	Oral Presentations and Panel Discussions		11:00-13:00
	Lunch break/ Networking		13:00-14:00
	Sponsor/ Exhibitors presentations		14:00-14:30
	Oral Presentations and Panel Discussions		14:30-16:00
	Coffee break/ Networking		16:00-16:15
	Workshops/ YRF/ Posters/ Video Presentations		16:15-17:00
	Sponsor/ Exhibitors presentations		17:00-17:30
	Certificate Distribution & Day 1 conclusion Remarks		17:30-18:00

Program Outline			
Day-2	Registration		08:00-09:00
	Inaugural Session		09:00-09:15
	Keynote/ Plenary talks	Keynote/ Plenary talk: 1 **(Academia/Industry)**	09:15-09:45
		Keynote/ Plenary talk: 3 **(Exhibitor/Sponsor slot)**	09:45-10:15
	Workshops/ Symposium		10:15-10:45
	Coffee break/ Networking		10:45-11:00
	Oral Presentations and Panel Discussions		11:00-13:00
	Lunch break/ Networking		13:00-14:00
	Sponsor/ Exhibitors presentations		14:00-14:30
	Oral Presentations and Panel Discussions		14:30-16:00
	Coffee break/ Networking		16:00-16:15
	YRF/ Posters/ Video Presentations		16:15-17:00
	Certificate Distribution & Day 2 conclusion Remarks		17:00-17:15

Stress and Mindfulness 2025

Major Sessions

- Stress, Types, Causes and Management
- Mindfulness and Compassion
- Psychology and Psychological Resilience
- Psychiatry and Psychiatric Disorders
- Positive Psychology and Happiness
- Anger Management and Negative Outcomes
- Anxiety, Phobias and Panic Disorders
- Depression, Symptoms and Trauma
- Entrepreneurship and Workplace Stress
- Mental Health and Wellbeing
- Yoga and Meditation
- Holistic Health and Holistic Medicine
- Psychotherapy and Counceling
- Addiction, Drug Abuse and Recovery
- Optimism and Mindset
- Emotional Intelligence and Relationships
- Mindful Eating, Nutrition and Obesity
- Post-Traumatic Stress Disorder (PTSD)
- Obsessive-Compulsive Disorder (OCD)
- Insomnia and Sleep Disorders
- Schizophrenia and Bipolar Disorders
- Psychopathology and Antidepressants
- Psychometrics, Psychosis and Psychological Assessment
- Narcissistic personality disorder
- Stress and Wellness
- Stress and Tibetan Medicine
- Chronic Psychological Stress
- Mindfulness-Based Stress Reduction
- Psychological Stress and Nicotine Intake
- Yoga for Stress Management
- Stress Migraine in Women After Menopause
- Brain science and Resilience

City of Paris Attractions









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Best Poster Award

• You will be given about 5-7 minutes to present your poster including questions and answers. Judges may pose questions during the evaluation of the poster

- Judges will even evaluate the student's enthusiasm towards their study, interest and knowledge in the area of their research
- The winners will be announced at the closing ceremony of the conference. The decision of the winner will be withdrawn if the winner/winners is/are not present at the time of announcement
- Apart from the judging time you may also be present at the poster to share your research with interested delegates



Young Researchers Forum

- Present your research through oral presentations
- Learn about career development and the latest research tools and technologies in your field
- This forum will give pertinent and timely information to those who conduct research and those who use and benefit from research
- Develop a foundation for collaboration among young researchers
- The forum will provide an opportunity for collegial interaction with other young investigators and established senior investigators across the globe
- Interact and share ideas with both peers and mentors

For any Queries:

contact@europeanmeets.com



VENUE

Paris, France



Contact Us

Carolina Evans

Program Manager | Stress and Mindfulness 2025



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