

EDITORIAL

Editorial: the International Journal of Stress Prevention and Wellbeing

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Welcome to Volume 2 of the International Journal of Stress Prevention and Wellbeing (IJSPW).

This peer reviewed journal was officially launched in 2017 and welcomes a range of contributions that focus upon aspects of the theory, research and practice of stress prevention, stress management and wellbeing.

The Editorial Team was pleased to present 11 articles in Volume 1, which really is quite an achievement for the journal’s inaugural year.

Topics included: Psychological resilience in elite sport; Coaching as a route to resilience and wellbeing; A life stage model for stress and wellbeing; Sleep hygiene; Relaxation therapy for anxiety; Stress levels during the journey of cancer treatment; Labrynth Walking as a tool for stress relief in the workplace; and Updates and reports from an IJSPW sponsor the International Stress Management Association (UK).

This journal would not be possible without the interest and contributions of the authors, Editorial Board and Consulting Editors. We would also like to thank the work of the voluntary peer reviewers, which include: Dr Stuart Beattie, Dr Paula Cruise, Dr Kristina Gyllensten, Dr Nollaig Heffernan, Dr Ho Law, Dr Carmelina Lawton Smith, Dr Gisele Pereira

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Further information about the IJSPW and information for contributors are available on the website: <http://www.stressprevention.net>

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Biographies

Stephen Palmer is Coordinating Director of the ISCP International Centre for Coaching Psychology Research, and Founder Director of the Centre for Stress Management, London. He is the Honorary President and a Fellow of both the International Stress Management Association and the International Society for Coaching Psychology. He is an Adjunct Professor of Coaching Psychology at Aalborg University and Visiting Professor of Work Based Learning and Stress Management Work and Learning Research Centre, Middlesex University, and Director of the Coaching Psychology Unit, City, University of London, UK. He is a coaching psychologist and applied positive psychologist. He has written or edited over 50 books and has published over 225 articles.

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Dr Siobhain O’Riordan PhD is a chartered psychologist and chartered scientist. She is Chair and a Fellow of the International Society for Coaching Psychology and member and Trustee of the International Stress Management Association (UK). Siobhain is also a trainer and course co-director on the stress management and coaching programmes at the Centre for Stress Management and Centre for Coaching, London.

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