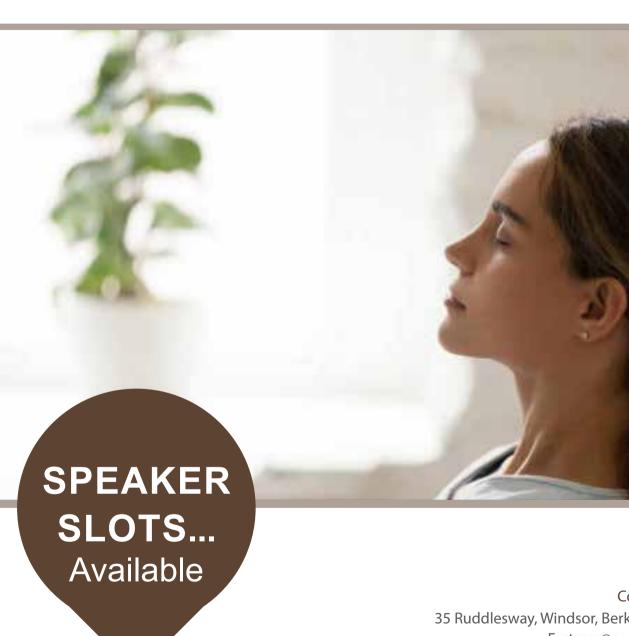


Stress and Mindfulness 2026 Tentative Program

13th International Conference on

Stress, Mindfulness, Meditation and Resilience

April 28-29, 2026 | Paris, France



Conference Series 35 Ruddlesway, Windsor, Berkshire, SL4 5SF, UK E: stress@europeanmeets.com Whatsapp: +44-2045861247

https://stress-mindfulness.annualcongress.com/

• Interactive Sessions

· Keynote/Plenary Lectures

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- Workshops/Symposiums
 - YRF/Best Poster Awards
- Exhibitors
- B2B Meetings

Stress and Mindfulness 2026



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			
	Certifica	te 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		
	Keyr Plenar	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		
	Certifica	te Distribution & Day 2 conclusion Remarks	17:00-17:15		

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Keynote/Plenary Lectures

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Stress and Mindfulness 2026



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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Stress and Mindfulness 2026







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 2026



Conference Series

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Interactive Sessions

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