

Stress Conference scheduled on January 20-21, 2020 at Barcelona, Spain

Elia Gourgouris

The Happiness Center, USA, E-mail: dreliagourgouris@msn.com

Stress: in a very medical or biological context stress may be a physical, mental, or emotional issue that causes bodily or mental tension. Stresses is external (from the surroundings, psychological, or social situations) or internal (illness, or from a medical procedure). Stress will initiate the "fight or flight" response, a posh reaction of medicine and endocrinologic systems.

Catecholamine hormones, like epinephrin or vasoconstrictor, facilitate immediate physical reactions related to a preparation for violent muscular action. These embody the following: Acceleration of heart and respiratory organ action, picket fence or flushing, or alternating between each, inhibition of abdomen and upper-intestinal action to the purpose wherever digestion slows down or stops, the overall impact on the sphincters of the body, constriction of blood vessels in several elements of the body, liberation of nutrients (particularly fat and glucose) for muscular action, dilation of blood vessels for muscles, inhibition of the exocrine gland (responsible for tear production) and secernment, dilation of pupil (mydriasis), relaxation of bladder, inhibition of erection, sense modality exclusion (loss of hearing), visual defect (loss of peripheral vision), disinhibition of spinal reflexes, and Shaking.

The [Stress 2020](#) is an event that aims to explore the ways to innovate in the field of psychiatry, and to find new techniques for better industrial development at Barcelona, Spain on January 20-21, 2020. The conference will serve as a platform to bring together leading psychiatry with different specialties such as stress, depression etc. Stress 2020 will discuss on the topics such as Stress, Depression, [Anxiety](#), Post-Traumatic Stress Disorder, Mental Illness, Psychopharmacology, Social Support and Health and Autistic Spectrum Disorder.

Stress 2020 supported by the organizing committee network of renowned scientific and professional expert such as **Pat Gwyer**, British Psychological Society, UK, **Elia Gourgouris**, The Happiness Center, USA, **Ekaterina Paporkova Fairand**, France, **Zizi E. Ibrahim**, Fayoum University, Egypt, it provided a platform for collaboration among colleagues, vendors, and academia to reveal new innovations, solutions, ideas, and emerging technologies in Psychology.

The GDP is projected to rise by 2.5 percent in 2019, 1.9 percent in 2020 and 1.8 percent in 2021. The psychiatry industry will be source of strength, with growth of 2.5 percent in 2019 and 3.0 percent in 2020. In fact, psychiatry industry growth will exceed that of the US economy through 2024.

Stress 2020 is going to be held during January, 2020 to December, 2020 at various cities in Europe (London, Barcelona, Madrid, Valencia, Rome, Milan, Berlin, Frankfurt, Vienna, Zurich, Dublin, Edinburgh.... And Many More..!!!

Shira Decruz

Program Manager | Stress 2020

Send a mail to stress@brainstormingmeetings.com

Phone no: +1-702-508-5200