



LETTER FROM THE EDITORS: Summer has entered Europe. Academics feel the relief of the semester’s end, the end of the classes, contact hours, and meetings. Many of us would like to take advantage of the summer term to pick up the thread in our research, write that long-planned book chapter, or develop new course materials. To move forward with those projects, ones that require depth, and which can become lost in the whirlwind of the academic year.

We, as a scientific journal, would advocate for the prosperity of this period and look forward to a large number of incoming manuscripts. Though as a journal of mental health, let us draw attention to **self-care this summer**. Find what feels good for you to recharge and maintain your **well-being**. Our editorial team will also be working at a slower pace during July and August as well, but **submissions are accepted continuously**.



COCKTAIL OF RECENT ARTICLES: Work-related psychosocial stress remains a risk factor for various health problems. In our latest [short review](#), you may read about which biomarkers can be useful in assessing the burden of cumulative psychosocial stressors exerted on the body, such as cardiovascular problems and inflammations. Psychosocial stress and anxiety are linked to the trait level of internalizing problems, which is [examined](#) in relation to difficulties in emotional awareness. We recommend some studies discussing contributors to positive mental health: self-compassion and mindfulness [were found](#) effective in reducing anxiety, depression, and emotional exhaustion. Regular yoga practice is widely linked to psychological well-being; in [one of our most cited articles](#), mediator factors such as body awareness, body image, and mindfulness were explored. In a culturally diverse concept of psychological well-being, the role of traditional Indian non-attachment [was associated](#) with a higher frequency of positive affect, in overall emotional well-being as well as life and job satisfaction. For more articles click [here](#).



SPECIAL THANKS TO THE REVIEWERS for their dedicated work in the first half of the year. The European Journal of Mental Health is by definition free of submission charge and provides free open-access publishing. To maintain our quality in scientific publishing, we rely on qualified researchers’ active participation in pre-screening and double-blind reviewing of the manuscripts. Reviewers may be independent experts holding a doctoral degree or having an equivalent amount of research experience; or members of the Editorial Board. Click [here](#) should you want to contribute to accessible science as a peer reviewer.

The Editorial Office of the European Journal of Mental Health wishes you a pleasant vacation time!

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