

Everyday stress and daily hassles

Latest advances in understanding and
managing stress, with a focus on Neurexan[®]

Friday, 19th September, 12:30-13:30*
The Lisbon Congress Centre, Auditorium III

SPEAKER & CHAIR

Prof. Dr. Göran Hajak, Germany

An internationally recognized expert in psychiatry and
neuroscience with over 30 years of clinical, academic,
and research experience in mental health and sleep medicine

*12:30-12:45 Lunch will be provided

25th WONCA WORLD CONFERENCE 2025 | 17-21 September | Lisbon, Portugal
"New Vision for Primary Health Care and Sustainable Development"



This session will address the following:

1. Is everyday stress an overlooked driver of chronic illness?

Recognize how daily stressors contribute to sleep disruption, fatigue, and somatic symptoms and how early detection can help prevent burnout and chronic illness

2. When should everyday stress be treated and how should it be managed with evidence-based solutions even when no guidelines exist?

Discover how clinically proven Neurexan® relieves stress, improves sleep, and calms the nervous system without causing sedation or next-day drowsiness

3. How can practical applications of real-world insights enhance daily practice?

Learn from case-based insights on the practical use of Neurexan® and how early intervention can be easily incorporated into your practice

**Learn more about
everyday stress and
its management**



E-book:

Heel – Management
of Stress – Know-how
from Prof. Hajak