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Neuroscience of Burnout: Unveiling Its Mechanisms, Mitigation Strategies and Treatment Approaches

In this presentation, we delve into the intricate neurobiological underpinnings of burnout, a pervasive issue of mounting concern in today's high-stress professional environments. Our exploration starts with a close examination of the profound effects of prolonged stress and emotional exhaustion on the brain's function and structure, and how these alterations manifest in classical burnout symptoms such as cognitive impairment, diminished motivation, and persistent negative emotions. We will present the latest findings from neuroimaging studies and emerging burnout biomarkers, aiming to establish a clear neurobiological profile of this condition. Beyond understanding burnout's etiology, we will provide practical strategies for individuals to safeguard their mental well-being. These strategies underscore the significant role of mindfulness practices, regular physical exercise, and a balanced diet in moderating stress responses and promoting optimal brain health. In addition, we will address potential treatments that are currently under investigation. These include both pharmacological interventions and psychotherapeutic techniques specifically designed to target the neural circuits involved in stress regulation. By weaving together neuroscience, prevention, and intervention strategies, we aim to equip our audience with a comprehensive understanding of burnout and its management.

Keywords: Neurobiological mechanisms of burnout, Stress mitigation strategies, Burnout prevention, Neuro-targeted treatment approaches

Biography:

Mr. Bilal Seadan is a serial entrepreneur fueled by a profound passion for neuroscience and psychology, his academic credentials include a bachelor's degree in Human Development from California State University, and he currently furthering his knowledge with a master's degree in Neuroscience at King's College London.

In 2017, he founded his first venture, Adroit Advanced Technologies. Adroit was designed with the mission to enable children with special needs to attend school using small and medium-sized vehicles. This successful enterprise was acquired in late 2021. Building upon this success, he initiated ViveaMind, a pioneering venture aimed at aiding those with treatment-resistant depression through the application of psychedelic medicine. This innovative approach led to the company's acquisition in early 2023. Presently, he utilizes his entrepreneurial expertise to invest and incubate companies working at the intersection of problem-solving and advancements in neuroscience and psychology.