



Mon 5th - Fri 9th November 2018



DOES HI-TECH CAUSE HI-STRESS?

WHAT YOU CAN DO DURING STRESS AWARENESS WEEK

5 – 9th November 2018



Promoting Stress Prevention and Wellbeing



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There plenty of ways that you can support the Day itself which is on **Wednesday 7th November** or alternatively you may like to create an event during International Stress Awareness Week from **5-9th November**.

Our theme for 2018, ***Does Hi-Tech Cause Hi-Stress?***, will look at two sides of technology: on the one hand, the stressful effects of the 24/7 lifestyle that technology has brought, and on the other, the positive contribution that technology can make, helping us manage our lives better. There is no doubt that technology impacts on all our lives, and it is appropriate that ISMA is involved in a debate about the positive and the adverse effects it can have, and how we can use technology to our advantage.

What's Going On During International Stress Awareness Week

Annual ISMA Conference

Perfect example of the smaller, intimate conference, where you can listen to the world's top stress experts, and meet them too in a relaxed ambience. Major keynote speeches, debates, quizzes, workshops and quality networking.

On a topical note, you can hear the woman who was Fire Chief on Grenfell night, Dany Cotton. Acclaimed global futurist Rohit Talwar on the outlook for business. A digital stress consultant on how to keep your smartphone under control . A cognitive neuroscientist on harnessing the power of Artificial Intelligence. A Paralympic medallist on character-building. And many, many more. All kept in order by BBC presenter Penny Haslam, our celebrity compere for this packed 1-day programme. In the elegant surroundings of the Royal Over-Seas League in London's St James's on Friday 9th November.

Stress Survey

This year's survey will look at the possible effects of workplace automation in all its forms on stress, to review questions in previous surveys for repetition to see if insights have moved, and, if possible, to come up with new questions about stress and mental health issues. People both nationally and internationally will be invited to participate to complete the survey. The results will be under embargo to the press on the eve of Stress Awareness Day [i.e. Tuesday 6th November] and launched on the Day itself.





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On-line International Stress Summit

Our second online International Stress Summit is being hosted by Tom Meyers and Danielle Sax of ISMA Belgium. The summit will run from 9 am to 5 pm (UK time) and will feature thirteen interviews with international experts on stress and/or technology. They will be put online in succession during the day and are free to attend. To take part, people need to register via www.onlinestresssummit.weebly.com.

We want as many people as possible to join the audience, so pass on the details of this event to your contacts and anyone you think might be interested. People who sign up will also receive several free eGuides and eBooks.

Taster videos of all the contributors will be available on the website www.onlinestresssummit.weebly.com.

Live Presentations and Events

Live workshops and other activities are being run by ISMA members and qualified trainers up and down the UK, in the workplace and in the community.

Special packs have been produced for presenters to use – they include everything you need to run a workshop, a presentation, group discussions or one-2-one consultations.

They include a Briefing for Advisors, Delegate Workbook, PowerPoint Presentation, Media Kit, Press Release, Social Media Posts and Stress Information Booklet.

Why not run your own stress management workshop during the Week?

This could be for past or potential clients and is a great opportunity to raise your profile and the profile of your business.

Stress Fair

ISMA will be holding a stress fair in central London at a Virgin Health Club.

Why not make contact with your local health club and see if you can bring a group of people together who might like to promote their services. Back massage / nutrition / ergonomics / yoga / mindfulness / exercise demonstrations are just some suggestions.





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Online Stress Chatbot

The first-ever ISMA online Stress Chatbot was held during Stress Awareness Day in 2017 and enabled anyone experiencing stress to find a listening ear and receive tips and guidance on where to go for help.

The Chatbot was manned by ISMA Stress Advisor volunteers around the UK. ISMA will be hosting this Chatbot service again on Stress Awareness Day itself on Wednesday 7th November.

Everyone is invited to make contact with us, both nationally and internationally.

What You Can Do...

National Conferences

Find out what conferences there may be in your area and ask to be given an opportunity to speak about stress and / or mental health at the event and membership information about ISMA could be given out at the same time.

Stress Coaching

Offer coaching / counselling / consultancy to your clients. This could be face to face or via Skype.

Social Media

ISMA Stress Advisors, Event Presenters, Volunteers and anyone who would like to help us campaign about stress awareness will be active on social media – Twitter, Facebook, LinkedIn, Pinterest.

Please 'like' the ISMA [Facebook](#) page and connect with us in the run-up to the event, during it, and afterwards! Let's make a big noise on social media!

Please always use our hashtag: *#nsad*.

Send a Press Release to the media

Write to the media and send them a Press Release about what you are doing. A Media Tips Sheet is available for downloading from our website.





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ISMA Resources

Free ISMA Downloads

ISMA has a wealth of support materials and fact sheets available to help anyone who wants to reduce stress and enhance wellbeing and performance at work. These are free to use and can be accessed online at <http://isma.org.uk/nsad-free-downloads>.

All materials can be adapted for educational, business or social care applications and to suit any age group. All items are copyright to ISMA^{UK} unless otherwise stated and are intended for public use without amendment.

ISMA Books and Publications

There is a large reference library of books and publications written by ISMA members, and a list of what's currently available can be found at <http://isma.org.uk/books-and-publications>.

All titles are indexed by subject category A-R, from Anger to Research Papers.

As founder of Stress Awareness Day in 1998, we are here to help and would love to hear from you as to what you have planned. We will have a diary of international events and would like to include you in our literature.

Contact ISMA: admin@isma.org.uk or

Carole Spiers: info@carolespiersgroup.co.uk

