



Promoting Stress Prevention and Wellbeing

JOIN US!

The International Stress Management Association^{UK} is the leading professional body for stress management, wellbeing and performance and the founder of Stress Awareness Day and International Stress Awareness Week.

- 1 CHOICE OF MEMBERSHIP OPTIONS**
Join as a Professional, Corporate, Charity, or Associate / Student Member
- 2 OPPORTUNITIES TO PROMOTE YOUR BUSINESS**
Get listed online, display the ISMA^{UK} logo to enhance your marketing opportunities
- 3 GET YOUR COURSES QUALITY ASSURED**
Have your courses recognised by ISMA^{UK} to increase their value and credibility
- 4 GAIN INFLUENCE AND REPUTATION**
Showcase your skills by participating in ISMA^{UK} webinars and other events
- 5 NETWORKING AND PROFESSIONAL DEVELOPMENT**
Build valuable connections across the business sector and wider community
- 6 COMPLIMENTARY AND DISCOUNTED ENTRY TO ISMA^{UK} EVENTS**
Enjoy year-round entry to events, including our Global Stress Summit
- 7 ACCESS TO STRESS-MANAGEMENT PUBLICATIONS**
Explore our resource library and engage in The Hub, our community forum

We invite stress management professionals, practitioners, therapists, trainers and all those passionate about making a difference in stress management, within the UK and around the world, to come and join us!