

## Press Release

### **ISMA UK Summit Takes Us Beyond Stress Management: From Stigma to Solutions**

**21st October 2023**

The International Stress Management Association (ISMA UK), the leading professional body for workplace and personal stress management, wellbeing and performance, are staging their fourth Online Global Stress Summit on Wednesday 1st November, Stress Awareness Day. Being held as part of International Stress Awareness Week 30<sup>th</sup> October – 3<sup>rd</sup> November, the Summit theme is *Beyond Stress Management: From Stigma to Solutions*.

This year sees the 25<sup>th</sup> anniversary of Stress Awareness Day, originally founded by Carole Spiers, Chair of ISMA UK, in 1998. The Summit features a line-up of over 20 world-class speakers and live panel discussions on five highly topical themes: why men find it hard to talk about their mental health; the stigma attached to open conversations about money; the power of music to reduce stress and improve wellbeing; a personal insight into bipolar disorder; how we can balance technology, AI and employee wellbeing.

International Stress Awareness Week and Stress Awareness Day are being sponsored by MANUP?, a charity that seeks to change people's thoughts, opinions and minds about men and mental health.

Dan Somers, CEO and Founder of MANUP?, said, *"Stress is a word we all use too often but being aware of what it is and how to cope with it has a significant impact on our wellbeing. At MANUP? we wanted to support ISMA<sup>UK</sup> and the fantastic work they do, as we're all in this together, to make a difference and help others"*.

Professor Sir Cary Cooper CBE, a world-renowned expert on workplace wellbeing who is an ISMA UK patron and a Summit panellist, commented, *"Stress manifests itself in many facets of people's lives, while stress and mental health-related issues are increasing since the pandemic. We need to amplify our efforts to address these issues, seeking to reduce their adverse effects, as well as the stigma that continues to attach to them. ISMA UK's Online Stress Summit on the 25<sup>th</sup> anniversary of Stress Awareness Day will shine a spotlight on some of today's key topics. Please support their efforts by spreading the word and attending these helpful sessions"*.

Carole Spiers, Chair of ISMA UK, said, *"We are delighted to be holding this Online Global Summit on the 25<sup>th</sup> anniversary of Stress Awareness Day. Our expert panellists will give much-needed voice to important issues from men's mental health to technology and AI in the workplace. These discussions will be welcomed by our international audience of stress management professionals, HR managers, psychologists, therapists, business leaders, specialists in organisational change and anyone concerned about reducing stress"*.

She continued, *"Our aim with this Summit is to find solutions aimed at improving mental health and increasing wellbeing, echoing our 2023 theme, Beyond Stress Management: From Stigma to*

*Solutions. In these uncertain times, with cost-of-living and other pressures, there's a need for helpful guidance to help us navigate choppy waters. The Summit offers ideas and practical advice to assist us in overcoming challenges."*

ISMA UK would like to thank sponsors MANUP? for their generous support. The Summit is available on Zoom to ticket holders from 9 am until 7.45 pm on Wednesday 1st November and also on catch-up until Sunday 31<sup>st</sup> December. For more information go to <https://isma.org.uk/isma-international-stress-awareness-week>.

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### Notes for Editors

- ISMA UK's Online Global Summit on Stress Awareness Day 1<sup>st</sup> November is the centrepiece of International Stress Awareness Week **#StressAwarenessWeek**, created in 2018. This year is the 25th anniversary of **#StressAwarenessDay**, established in 1998.
- Entry to the Summit is by ticket only. For more information about International Stress Awareness Week and the Online Global Stress Summit visit <https://isma.org.uk/isma-international-stress-awareness-week> and to buy tickets, visit <https://www.eventbrite.co.uk/e/isma-global-online-stress-summit-2023-tickets-716815443287>. Ticket holders can view all sessions until Sunday 31<sup>st</sup> December.
- The Summit is sponsored by MANUP?, a charity that seeks to change people's thoughts, opinions and minds about men's mental health. For more information visit <https://www.manup.how/>.
- For interviews, please contact Carole Spiers FISMA, FPSA, MIHPE, Chair, ISMA UK on 07768 878910 or email her at [chair@isma.org.uk](mailto:chair@isma.org.uk).
- As a registered charity and membership-based organisation for 50 years in 2024, ISMA UK exists to promote sound knowledge and best practice in stress management, both nationally and internationally, providing advice to a wide range of individuals, businesses and voluntary organisations, while supporting the Health & Safety Executive in delivering their requirements for Stress Risk Assessment.