

## Press Release

**26<sup>th</sup> October 2022**

### **Working Together to Build Resilience and Reduce Stress**

The International Stress Management Association (ISMA<sup>UK</sup>), the leading professional body for workplace and personal stress management, wellbeing and performance, are staging their third Online Global Stress and Wellbeing Summit on Wednesday 9<sup>th</sup> November, with the theme *Working Together to Build Resilience and Reduce Stress*.

The Summit, being held on Stress Awareness Day itself, is the centrepiece of International Stress Awareness Week 7<sup>th</sup>-11<sup>th</sup> November, and features a line-up of over 25 world-class speakers including eminent medical practitioners, psychologists, wellbeing experts, and diversity & inclusion specialists. The all-day programme includes interactive live panel discussions, workshops, interviews and inspirational keynotes on topics related to stress and mental health, workplace wellbeing, building resilience, improving health management, and more.

Professor Sir Cary Cooper CBE, a world-renowned expert on workplace wellbeing who is giving the opening keynote on *Beyond Stress Management: Building Organisational Resilience and Wellbeing* commented, "The pandemic brought about some salutary changes including hybrid/remote working and a greater awareness of the importance of wellbeing in the workplace. But stress and mental health issues are still widespread, together with the stigma attaching to them. ISMA<sup>UK</sup> are to be applauded for their work in this field and for their excellent Online Summit, an unmissable date for anyone with an interest in workplace wellbeing."

Carole Spiers, Chair of ISMA<sup>UK</sup>, said, "The Summit covers themes relating to managing stress, building resilience and achieving wellbeing in the workplace, which are relevant for our international audience which includes stress management professionals, HR managers, psychologists, therapists, business leaders, specialists in organisational change and others interested in reducing stress".

She continued, "It is fitting that our Summit follows the recent publication of new global guidelines by the World Health Organization (WHO) and the International Labour Organization (ILO) on mental health at work. They have called for concrete actions to address mental health concerns in the working population, referencing an estimated 12 billion workdays lost annually due to depression and anxiety, at a cost of nearly US \$ 1 trillion to the global economy. It is urgent that action is taken and we hope our Online Summit will help to raise awareness and encourage positive changes that benefit both employers and employees."

ISMA<sup>UK</sup> would like to thank sponsors PrecisionBiotics for their support. The Summit is available on Zoom to ticket holders on Wednesday 9<sup>th</sup> November and is also available on catch-up until Saturday 31<sup>st</sup> December. For more information go to <https://isma.org.uk/isma-online-global-stress-and-wellbeing-summit>.

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#### Notes for Editors

- The Summit **#stresssummit2022** is the centrepiece of **#InternationalStressAwarenessWeek**, **#StressAwarenessWeek**, created in 2018 to celebrate the 20<sup>th</sup> anniversary of **#StressAwarenessDay**, established in 1998.
- Entry to the Summit is by ticket only. For more information about International Stress Awareness Week visit <https://isma.org.uk/isma-international-stress-awareness-week> and for details of the Online Global Stress and Wellbeing Summit and how to buy tickets, visit <https://isma.org.uk/isma-online-global-stress-and-wellbeing-summit>. Ticket holders can view all sessions until Saturday 31<sup>st</sup> December.
- The Summit is sponsored by PrecisionBiotics, who have over 20 years' experience of researching the human microbiome. Amongst the areas in which their research is being applied is stress and sleep: with recent advances and interest in the gut-brain axis, they are focused on the development of evidence-based probiotics for the management of stress, stress-related fatigue, cognition and learning. For more information contact Abbie Alston at [AIAT@novozymes.com](mailto:AIAT@novozymes.com).
- For interviews, please contact Carole Spiers FISMA, FPSA, MIHPE, Chair, ISMA<sup>UK</sup> 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 over 30 years, ISMA<sup>UK</sup> 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.