

Press Release

ISMAUK's Stress Management Awards Are Open for Applications!



Friday 21st March 2025

The International Stress Management Association (ISMA^{UK}), the leading professional body for workplace and personal stress management, wellbeing and performance, are inviting applications for their **2025 Stress Management Awards**, now open for a second year. Applications are invited from businesses and organisations of all sizes that are dedicated to reducing stress in the workplace, improving mental health and enhancing employee wellbeing.

There are three Award categories: **Bronze** is for sole traders, small SMEs, charities and social enterprises that want to develop a positive working environment for their employees; **Silver** is for large SMEs (with 250+ employees) and large charitable organisations who have health and wellbeing already integrated into their existing policies and regularly update them; **Gold** is for corporate organisations which implement innovative policies involving all parts of the business, whilst making use of research showing the equal importance of mental and physical health.

In the **Bronze** category, there will be one winner and one runner-up for sole traders and one winner and one runner-up for SMEs, charities and social enterprises. In both **Silver** and **Gold** categories, there will be one winner and one runner-up. A **Special Recognition Certificate** will also be awarded to an individual who has contributed to the business's success in reducing stress and enhancing the mental health and wellbeing of others over the past year (not applicable for sole traders). Only nominees of businesses or organisations which have won an Award will receive a certificate.

The deadline for entries is **Friday 19th September**.

The Awards were successfully launched by ISMA^{UK} last year to mark 50 years' dedication to reducing individual and workplace stress and advocating wellbeing, resilience and performance. The winners were - **Ballyclare High School**, with special mention of Dr Michelle Rainey (winner); **Simon Collyer of Sailing Wellness** and **The Association of Pension & Benefits Claimants** (runner-up); **Dr Elaine Smith of Creating Compassionate Workplaces** (runner-up). All impressed the judges with their devotion to fostering supportive and healthy environments and deserved recognition for their initiatives aimed at reducing stress and improving the mental health and wellbeing of those they serve.

Announcing the launch of the Stress Management Awards 2025, Carole Spiers, Chair of ISMA^{UK}, said, "This year we have broadened the entry criteria to include sole traders and smaller SMEs, and we are aiming to attract as many applications as possible from businesses and organisations large and small. The Awards will highlight the winners' dedication towards empowering individuals who need support in reducing stress, improving their mental health and increasing their wellbeing. They will also provide an opportunity to acknowledge how much the winners value and appreciate the achievements of their employees, boosting morale, motivation and productivity, whilst improving retention. In addition, they offer the winners an opportunity for their leadership and innovation to be publicly recognised as employers of choice, strengthening brand and profitability."

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Winners and runners-up for all three categories will be notified on **Friday 19th October** and the certificates and trophies will be presented during ISMA^{UK}'s **Online Global Stress & Wellbeing Summit** on **Wednesday 5th November**.

Notes for Editors

- To enter the **ISMA^{UK} Stress Management Awards 2025**, visit <https://isma.org.uk/stress-management-awards>, where links to further information, including a PowerPoint presentation and application forms for the three Award categories can be found. All applications must be submitted with a £75 admin and evaluation fee by **Friday 19th September**. The Award winners and runners-up will be announced at **ISMA^{UK}'s Online Global Stress & Wellbeing Summit** on **Wednesday 5th November**.
- **ISMA^{UK}'s Online Global Stress & Wellbeing Summit** is being held during International Stress Awareness Week, on Stress Awareness Day, Wednesday 5th November. It will feature acknowledged experts who will lead insightful discussions on subjects ranging from *Strategic Stress Management: Ethical Leadership and Standards for Thriving Workplace Cultures* to *Raising the Flag for Mental Health: Breaking Stigma Down Through Advocacy and Role Models*. For further information visit <https://isma.org.uk/isma-international-stress-awareness-week> and <https://isma.org.uk/online-global-stress-wellbeing-summit-2025>. Details of the Summit programme and speakers can be found here <https://isma.org.uk/full-summit-event-programme/2025> and here <https://isma.org.uk/event-speakers-2025>.
- **The International Stress Management Association (ISMA^{UK})**, a registered charity and membership-based organisation, has been the leading professional body for workplace and personal stress management, wellbeing and performance, promoting sound knowledge and best practice in stress management, resilience, wellbeing and mental health for over 50 years. ISMA^{UK} practitioners and consultants provide stress management services to individuals and businesses, assisting around 40,000 people who need professional help with stress-related issues every year. ISMA^{UK} endorses and uses the HSE guidelines for managing stress in the workplace. To find out more about ISMA^{UK}, visit www.isma.org.uk.
- **Press Interviews**
For all press and media enquiries please contact Carole Spiers, Chair of ISMA^{UK}, for an immediate response on +44 (0) 77 688 78910 or at chair@isma.org.uk.