

Press Release

31st October 2023

ISMA^{UK} Online Summit to Focus on Technology's Impact on Employee Wellbeing – Plus Other Topics of Concern

The impact of technology on employee wellbeing, the restorative powers of music, and mental health disorders are three of the topics of contemporary concern which ISMA^{UK} will be debating at their Online Global Stress Summit on Wednesday 1st November. This all-day Summit will be attended by an international audience of stress management professionals, HR managers, psychologists, therapists, business leaders, specialists in organisational change and others concerned about reducing stress in today's changing world.

Our world is in constant evolution, challenging us to keep pace. This significantly impacts individuals in the business environment. As technology affects the way businesses operate, the rate of change can create fear and resistance among employees. They may experience anxiety and stress as they try to adjust to new technologies, potentially involving new roles. *Navigating the Future of Work: Balancing Technology, AI, and Employee Wellbeing in the Evolving Workplace*, one of the panel discussions at ISMA^{UK}'s Online Summit, will see experts looking at emerging trends in working practices, technology, and AI, and how they are affecting people in the workplace. The speakers will suggest that, if we try to discern what lies ahead for the future of work, we can find ways of equipping individuals with the tools to thrive in transformative times.

Charlotte Kemp, the Futures Alchemist, is one of the speakers. She says, *"Thinking about the future can arouse fear and anxiety but if we consciously plan how we would like our future to be, fear will take a back seat while positive thinking will galvanise our emotional response and inspire the way forward."* She and her co-panellists will make the point that companies should communicate openly with employees about their expectations and how their roles may change.

Another panel discussion at ISMA^{UK}'s Online Summit will address the power of music to reduce stress and improve wellbeing. Music acts as a powerful aid in alleviating stress and improving mental and emotional wellbeing, helping to achieve a balanced and positive state of mind. As stress levels continue to rise, much more may be possible if the restorative powers of music are put to work.

Laura Westcott, Founder, Music for Mental Wealth and one of the panellists, said, *"I am pleased to take part in this pioneering discussion on the beneficial effects of music. As research shows, music is a powerful aid which must be harnessed to reduce stress and deliver wellbeing benefits."* The panellists will develop the idea, supported by research, that music can be used as a relaxation technique that causes the heart rate to slow down and helps relieve stress by lowering the breathing rate and reducing anxiety. Different types of music can be chosen to suit specific purposes. Accompanying this discussion is a unique playlist, [Relax and Unwind - Your Ultimate Stress-relief Playlist](#). Over 20 pieces of music have been chosen for their stress-reducing benefits.

Bipolar disorder is a mental health condition, formerly known as manic depression, that affects mood. Its high and low phases can swing from one extreme to another, interfering with everyday life. Mike Segall is a business entrepreneur who was diagnosed with bipolar disorder at the age of 44. Four years later, his daughter Eleanor Segall, then just 16, received the same diagnosis. Mike and Eleanor are on a mission to educate, explain and give hope to those suffering from bipolar disorder by speaking publicly about their journeys and experiences. In *Our Father and Daughter Journey with Bipolar Disorder*, another of the topics at ISMA^{UK}'s Summit, they will explain why therapy and medication are vital, how to recognise the signs of mania and depression and how to strive and thrive, despite mental health issues. Eleanor, an author and mental health blogger, said, "Thank you to ISMA^{UK} for giving my father and I a platform on Stress Awareness Day to increase awareness of bipolar and help others with it."

Carole Spiers, Chair of ISMA^{UK}, said, "We are proud to be holding our Online Summit on the 25th anniversary of Stress Awareness Day, 1st November, the highpoint of International Stress Awareness Week. This year, we are fortunate to have MANUP? as our sponsor. MANUP?, whose Founder Dan Somers is speaking at the Summit, is a charity that raises awareness about mental health among men, breaking down the stigma associated with male mental health. Please join us at our Summit, which will give voice to issues of concern, focusing on improving mental health and wellbeing."

The ISMA^{UK} Global Online Stress Summit runs from 9 am until 7.45 pm on Wednesday 1st November and is also available to ticketholders on catch-up until Sunday 31st December. International Stress Awareness Week runs from 30th October – 3rd November. 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 1st November is the centrepiece of International Stress Awareness Week **#StressAwarenessWeek**, 30th October – 3rd November. The theme is *Beyond Stress Management: From Stigma to Solutions*. This year is the 25th anniversary of Stress Awareness Day **#StressAwarenessDay**.
- Entry to the Summit is by ticket only. For more information 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 31st December.
- The Summit is sponsored by [MANUP?](https://www.manup.how/), a charity that seeks to change people's thoughts, opinions and minds about men's mental health. Founded in 2019, they work with businesses, schools, universities, the NHS and other charities to break down the stigma associated with male mental health. For more information visit <https://www.manup.how/>.
- Carole Spiers, ISMA^{UK} Chair, and Dan Somers, Founder, MANUP?, were interviewed on The Daily Show on [Men's Radio Station](#) on Monday 30th October. A link can be found [here](#).

- For interviews about any aspect of the Summit or the work of ISMA^{UK}, please contact Carole Spiers FISMA, FPSA, MIHPE, Chair, ISMA^{UK} on 07768 878910 or email her at chair@isma.org.uk.
- The International Stress Management Association (ISMA^{UK}) is the leading professional body for workplace and personal stress management, wellbeing and performance. 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.