

## Press Release

Thursday 17<sup>th</sup> December 2020

### New e-book offers guidance on resilient living in the new world of work

*Over 26 experts deliver insights, guidance and cutting-edge strategies for resilient living and peak performance in the new world of work.*

A new e-book has just been published by the International Stress Management Association (ISMA<sup>UK</sup>), the lead professional body for stress management, wellbeing and performance. Entitled *Stress, Mental Health & Wellbeing: A Collection of Insights, Observations & Opinions*, the e-book has been produced to commemorate the ISMA Global Stress & Wellbeing Summit, held from 2<sup>nd</sup>-6<sup>th</sup> November 2020.

Included are simple self-help techniques to maintain good mental health, advice on how to optimise your energy and enjoy life more, and tips on how to improve quality of sleep as your most powerful ally for performance, health and wellbeing. Advice for businesses includes guidance on how a wellbeing strategy can lead to outstanding performance, what role leaders can play in achieving healthy workplace cultures, and a summary of the characteristics of resilient leaders.

Sir Cary Cooper CBE writes, in his Preface, about Gross National Wellbeing as a relatively new concept and emphasizes the importance of creating a culture in which people feel valued and trusted, have some autonomy and control over their jobs, and can enjoy a better work-life balance. He quotes Studs Terkel\*, the social reformer and thinker, who said, 'Work is about a search for daily meaning as well as daily bread, for recognition as well as cash, for astonishment rather than torpor; in short, for a sort of life rather than a Monday through Friday sort of dying'.

In his Foreword, Lord Mark Price CVO, Founder of WorkL, talks about their employee engagement platform, Engaging Business, which aims to transform the way people think about their work. Employees are encouraged to put their wellbeing first by signing up to a Happiness at Work Test, which helps determine how happy they are in their current job, and also prompts solutions to help improve their happiness. Lord Price comments, 'The survey has been taken by over 6,000 at-home workers since lockdown began and shows that 60% would prefer a split: working a couple of days a week from home yet still commuting to the office'.

Graeme Codrington, an expert on the future of work, writes about issues that will help organisations survive and thrive. Distributing decision-making through the organisation is first: traditional structures, where big bosses make decisions that middle bosses tell frontline people to implement, are not adequate for times of disruption, such as we are facing now. Developing a culture of experimentation where people say, 'I wonder what happens if...' is also vital and, finally, *unlearning* old habits and attitudes which say, 'I want to go back to the way things were', is a prerequisite to the implementation of new ideas and strategies.

In his article, Alastair Campbell, former director of communications in the Blair government, now a campaigner on behalf of mental health charities, talks about his personal experience of depression. 'Depression has been an on-off part of my life for longer than I like to remember', he writes. 'Being far from alone in suffering with this disability, it has made me determined to share with others what I have experienced, in the hope that there may be learnings and insights that will help them live their lives more positively and with greater confidence in a better future'.

Sue Evans, Director, the FAST Pathways Academy, draws attention to improving business performance through better mental wellbeing, and getting wellbeing working: 'It's about our day-to-day state of mind, and whether we're on top form'.

Nutrition and sleep also play powerful roles in maintaining mental health and wellbeing. Dr Marilyn Glenville, the UK's leading nutritionist specialising in women's health, writes in her article about the negative effect

eating junk food has been shown to have on mental health: your eating pattern could be making you feel more stressed. Equally important is getting good quality sleep and the right quantity of sleep, so you can cope better, allow your body to recuperate, and help your immune system stay healthy.

This thought-provoking e-book concludes with a Round Table Q & A in which five stress experts (Sue Evans, Celynn Morin, Hansa Pankhania, Jessica Smyrl and Carole Spiers) answer the question 'What are the most important factors that will help us reduce stress, increase wellbeing, and enable us to survive and thrive in the post-Covid world?' They agree we should treat wellbeing as a strategic investment, connecting with ourselves and with others, while maintaining a sense of gratitude for what we have. Each of us has an innate propensity to rise above crisis, creating opportunities to grow, transform and raise consciousness as never before. A salutary message indeed in the era of the pandemic.

### **Notes for Editors**

- *Stress, Mental Health & Wellbeing* is available at £8.97 exclusively through ISMA<sup>UK</sup> and downloads may be purchased by visiting <https://isma.org.uk/isma-shop>. Members of the press can access a complimentary download [here](#).
- 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.
- For press 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).
- Studs Terkel's book, *Working: People Talk About What They Do All Day and How They Feel About What They Do* is available [on Amazon](#).