

Press Release

10th September 2021

Enter ISMA^{UK}'s Competition and Make Someone Smile!

The International Stress Management Association (ISMA^{UK}) have launched a competition, *Bringing Wellbeing Closer to You*, which they are inviting anyone to enter and be in with a chance of winning prizes including a certificate specially signed by ISMA^{UK} Patron and leading workplace wellbeing expert, Professor Sir Cary Cooper CBE.

The competition is the brainchild of ISMA^{UK} Lead Ambassador Clare Concannon. She says, "All you need to do to enter is share your top wellbeing tip with a picture that paints a thousand words and a strapline that captures your wellbeing moment! Then simply send your entry in to our special competition@isma.org.uk email address before the closing date of midnight on Friday 22nd October and wait to see if you have been chosen as the winner".

Clare continues, "The winner will be announced at the start of International Stress Awareness Week 2021, **#InternationalStressAwarenessWeek**, which runs from Monday 1st November to Friday 5th November. The winning entry will be the one that makes our Chair, Carole Spiers, smile the most and brings a sense of wellbeing closer to everyone. There are some great prizes, so why not start taking your wellbeing picture now, add a strapline that captures the moment perfectly, and send us your entry? You could be our winner and make a lot of people smile - that's got to be worthwhile after all the tough times we've been through!"

The prizes on offer are a certificate signed by Professor Sir Cary Cooper, a complimentary copy of a new ISMA^{UK} e-book on workplace wellbeing, an invitation to get involved in the ISMA^{UK} Global Stress & Wellbeing Summit 2022, as well as free entry to all the sessions, and your winning entry featured on the ISMA^{UK} website. Professor Cooper said, "I am delighted that I was asked to become involved with this competition, whose main aim is to increase and spread wellbeing, whether in the workplace or in the domestic setting. I look forward to following its progress and to congratulating the winner as a true wellbeing ambassador, at the start of International Stress Awareness Week".

Carole Spiers, Chair of ISMA^{UK}, said, "This is a brilliant opportunity to highlight the importance of wellbeing for each of us as individuals, as well as in the workplace and more generally in our society, and to do something that reduces stress and related health issues, which have been accelerated by Covid-19. I really hope this competition will bring a sense of wellbeing closer to us all. Good luck with your entries!"

Notes for Editors

- The ISMA^{UK}-sponsored competition *Bringing Wellbeing Closer to You* is open to anyone over the age of 18. Entries should be sent to competition@isma.org.uk The competition closes at midnight on Friday 22nd October 2021 and the winner will be announced on Monday 1st November 2021. For more information about the competition, terms & conditions and how to enter go to <https://isma.org.uk/enter-ismauks-wellbeing-competition-today>.
- Anyone entering the competition is invited to join ISMA^{UK} as a Friend of ISMA, by following this [link](#) and signing up. They will then be kept informed on ISMA^{UK} news and events (including International Stress Awareness Week) as well as having access to free downloads on the ISMA^{UK} website and to the ISMA^{UK} community hub.
- Clare Concannon is one of 14 ISMA^{UK} Ambassadors who work to help promote wellbeing and mental health awareness in the community, while highlighting ISMA^{UK}'s unique status within the field of stress management. Clare has over 30 years' experience of training, lecturing and innovative mentoring projects and specialises in creative mentoring, using the backdrop of the great outdoors to stimulate creative thinking.
- International Stress Awareness Week, this year from 1st-5th November, was created in 2018 to raise awareness about stress prevention, and 2021 marks 23 years since the establishment of Stress Awareness Day in 1998, the highlight of the Week on Wednesday 3rd November. International Stress Awareness Week has developed as a major annual event focusing on stress management and campaigning against the stigma associated with stress and mental health issues. For more information about International Stress Awareness Week go to <https://isma.org.uk/isma-international-stress-awareness-week>. **#InternationalStressAwarenessWeek**
#StressAwarenessWeek **#NationalStressAwarenessDay**
- ISMA^{UK}'s Global Stress & Resilience Summit is the highlight of International Stress Awareness Week, on 3rd & 4th November. Over 25 experts in their fields will debate and discuss issues relating to stress, mental health, wellbeing and resilience. For more details on how to buy tickets and a detailed programme go to <https://isma.org.uk/isma-online-global-stress-and-wellbeing-summit>.
#StressSummit2021

- As a registered charity and membership-based organisation for over 30 years, ISMA^{UK} promotes sound knowledge and best practice in stress management, resilience, wellbeing and mental health, both nationally and internationally, providing advice to a wide range of individuals, businesses and voluntary organisations. 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.
- 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