

Press Release

Enter ISMA^{UK}'s Stress Management Awards and Showcase Your Support for Employee Mental Health and Wellbeing!

Monday 17th June 2024

This year The International Stress Management Association (ISMA^{UK}) marks 50 years' dedication to reducing individual and workplace stress and advocating improved wellbeing, greater resilience and enhanced performance.

In honour of this milestone, they are launching ISMA^{UK}'s inaugural Stress Management Awards, sponsored by PPWD, specialists in facilitating programmes that bridge non-technical skills from trauma management to wellbeing and leadership. Businesses and organisations of all sizes that are dedicated to reducing stress in the workplace, improving mental health and enhancing employee wellbeing are invited to apply.

A Great Opportunity for Businesses Focused on Stress Reduction

Carole Spiers, chair of ISMA^{UK}, said, "We invite applications from businesses that understand the importance of reducing stress in the workplace and improving wellbeing and resilience; that prioritise the wellbeing of their employees by implementing appropriate policies; and encourage proactive and collaborative communication among employees, from front-line staff to top-level management. We believe this is a great opportunity for businesses who focus on stress reduction to enter for an award that recognises their work in this important area."

She continued, "The benefits of entering your business organisation for ISMA^{UK}'s Stress Management Awards include - demonstrating how much you value and appreciate the achievements of your employees, whilst recognising leadership and innovation; encouraging and improving morale and motivation; boosting productivity and improving staff retention. Each of these can also assist in increasing profitability."

Three Award Categories

Businesses and other organisations looking for opportunities to enhance their company's reputation, become an employer of choice and showcase their most valuable asset, should enter in one of three award categories – Bronze: for smaller businesses or emerging start-ups that are keen on developing a positive working environment for their employees; Silver: for medium-to-large organisations that have already integrated health and wellbeing into their existing policies and regularly update them; Gold: for large organisations already committed to implementing innovative policies involving all sections of the business, whilst making use of research that shows the equal importance of mental and physical health.

There will be one winner and one runner-up in each Award category, plus a Special Recognition Certificate for 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.

Deadline for Applications

Applications must be submitted by **Friday 20th September 2024**. Winners and runners-up for all three categories will be notified on **Friday 18th October 2024** and there will be an online presentation of winners' certificates, trophies and runner-up certificates on **Wednesday 6th November** during ISMA^{UK}'s Online Global Stress Summit.

Notes for Editors

- To enter the ISMA^{UK} **Stress Management Awards 2024**, sponsored by PPWD, visit <https://isma.org.uk/stress-management-awards>, where links to further information and application forms for each Award category can be found.
- **PPWD** specialises in the facilitation of programmes that bridge non-technical skills from trauma management to investigations, learning reviews, fair culture, wellbeing, and leadership. Their multi-award-winning Compassionate Safety approach generates safe environments that accommodate humans for being human. They are members of the Mindful Business Charter, working with ISMA^{UK} and International SOS in the Workplace Wellbeing Workgroup, are partners of Rail Safe Friendly to get rail safety into schools, and UK Ambassadors for the One Percent Safer Foundation. For more information visit <https://www.ppwd-consulting.co.uk/about/>.
- ISMA^{UK}'s **Online Global Stress Summit** is being held during International Stress Awareness Week, on Stress Awareness Day, Wednesday 6th November, featuring renowned experts who will lead insightful discussions on topical subjects. For further information visit <https://isma.org.uk/isma-international-stress-awareness-week>. Details of the Summit programme and speakers will be available shortly.
- **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 50 years in 2024. 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.