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PRESS RELEASE

For Immediate Release

ISMA^{UK} Marks a Landmark Year with the 2025 Global Stress & Wellbeing Summit

The International Stress Management Association (ISMAUK) has successfully delivered another outstanding Global Stress & Wellbeing Summit, held online on Wednesday 5th November 2025 – National Stress Awareness Day itself, forming part of International Stress Awareness Week (3rd–7th November). This year's Summit brought together leading experts, business leaders, and practitioners to explore the theme **'Optimising Employee Health & Wellbeing Through Strategic Stress Management.'** The event highlighted ISMAUK's ongoing leadership in stress prevention, mental health, and wellbeing.

Chaired by **Carole Spiers MBE, Founder of International Stress Awareness Week**, the Summit featured powerful sessions on ethical leadership, inclusive workplace cultures, energy management, mental clarity, and mental health advocacy. Delegates commended the event's professional delivery and practical insights.

A highlight of the day was the ISMA Stress Management Awards, celebrating organisations demonstrating excellence and innovation in wellbeing at work.

"This year's Summit once again showed what can be achieved when people come together with a shared passion for improving mental health and wellbeing. The insights shared and the spirit of collaboration were truly exceptional."

– Carole Spiers MBE, Chair of ISMAUK and Founder of International Stress Awareness Week

All sessions remain available on-demand through ISMAUK's Virtual Community Hub, ensuring delegates can continue learning beyond the event.

Looking ahead to next year, ISMAUK announced the 2026 Summit theme — **'Shaping the Future of Stress and Wellbeing: From Tech to Emotional Intelligence.'** The focus will explore how digital innovation and emotional intelligence can work together to build more compassionate, resilient workplaces.

For more information or to join ISMAUK's growing community, visit www.isma.org.uk.

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About ISMAUK

The International Stress Management Association (ISMAUK) is a leading professional body dedicated to promoting sound knowledge and best practice in stress management, wellbeing, and mental health. Founded over 30 years ago, ISMAUK provides education, resources, and advocacy to help organisations and individuals manage stress more effectively.

Through initiatives such as International Stress Awareness Week and National Stress Awareness Day, ISMAUK continues to champion positive mental health, build resilience, and shape healthier, more compassionate workplace cultures worldwide.

Press Enquiries

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