

## Press Release

### Last Chance to Enter Wellbeing Competition!

Thursday 21<sup>st</sup> October



A new wellbeing competition being held by the International Stress Management Association (ISMA<sup>UK</sup>), entitled *Bringing Wellbeing Closer to You - Get the Most Out of Your Day* is still open for entries, but you need to act fast to get your entry in! The competition is open to anyone. It was launched to mark International Stress Awareness Week from 1<sup>st</sup>-5<sup>th</sup> November and the winner will be announced on Monday 1st November.

The deadline for entries has just been extended **until Monday 25th October**. It is really easy to enter, all you need to do is take a picture of a subject that depicts wellbeing, add a strapline that captures your wellbeing moment and a top wellbeing tip. Prizes include a certificate signed by ISMA<sup>UK</sup> Patron Professor Sir Cary Cooper CBE, a free copy of ISMA<sup>UK</sup>'s forthcoming book on *Workplace Wellbeing*, and complimentary entry to ISMA<sup>UK</sup>'s Online Global Stress & Wellbeing Summit 2022.

To find out more about ISMA<sup>UK</sup>'s wellbeing competition and how to enter, go to <https://isma.org.uk/enter-ismauks-wellbeing-competition-today>.

#### Notes for Editors

- ISMA<sup>UK</sup>'s Global Online Stress & Wellbeing Summit is the centrepiece of **#InternationalStressAwarenessWeek**, **#StressAwarenessWeek**, created in 2018 to celebrate the 20<sup>th</sup> anniversary of **#NationalStressAwarenessDay**, established in 1998.
- Entry to the Summit is by ticket only. For more information about International Stress Awareness Week visit <https://isma.org.uk/isma-international-stress-awareness-week> and for details of the Online Global Stress and Wellbeing Summit and how to buy tickets, visit <https://isma.org.uk/isma-online-global-stress-and-wellbeing-summit>. Ticket-holders can view all sessions until Friday 13th November.
- 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.

**#stresssummit2021**