

What is Being Said About International Stress Awareness Week and the Global Online Stress Summit 2023

“Stress manifests itself in many facets of people’s lives and statistics show that stress and mental health-related issues are increasing since the pandemic. Therefore, we need to amplify our efforts to address these issues, seeking to reduce their adverse effects, as well as the stigma that continues to attach to them.

I am delighted that ISMA^{UK} are redoubling their efforts in these areas, and the Online Stress Summit they are holding on the 25th anniversary of Stress Awareness Day will shine a spotlight on some of today’s key topics, including men’s mental health, the social taboos around money, finance and wellbeing, and the impact of technology and AI on people in the workplace. Please support their efforts by spreading the word and attending these helpful sessions.” **Professor Sir Cary Cooper CBE**

“I am delighted to support ISMA^{UK} and their noble mission to reduce stress, build resilience and improve wellbeing, both in the workplace and in society”.

Stephen Fry, Actor, Writer and Presenter

“Stress is a word we all use too often but being aware of what it is and how to cope with it has a significant impact on our wellbeing. At MANUP? we wanted to support ISMA^{UK} and the fantastic work they do as we’re all in this together, to make a difference and help others.”

Dan Somers, CEO and Founder, MANUP?

“Bipolar disorder affects people of all ages and from all backgrounds; many are young adults. With common symptoms such as depression and mania, it is important that more light is spread on bipolar. Thank you to ISMA^{UK} for giving my father and I a platform on Stress Awareness Day to increase awareness of bipolar and help others with it.”

Eleanor Segall Mandelstam, author of *Bring me to Light*, mental health blogger

“Mental health and finances are closely linked, and as someone who has seen at first hand the impact finances can have on mental wellbeing, I welcome ISMA^{UK}'s initiative in staging a discussion about the stigma that isolates people and hampers them from discussing finance openly. Initiatives like this can only help to foster greater empathy and understanding of these issues.”

Ian Dempsey, IFA and Trustee, MANUP?

“As a tech influencer and mentor who is passionate about educating people in tech and the new frontiers that AI is opening up, I am delighted to be taking part in ISMA^{UK}'s Summit on Navigating the Future of Work. We must embrace what technology has to offer in order to progress, but it is vital that we do so without impacting our health and stress levels.”

Asia Sharif, Award-winning Software Engineer

“As a trained professional singer who has also experienced anxiety and understands its impact on mental health, I am pleased to take part in this pioneering discussion on the beneficial effects of music. As research shows, music is a powerful aid which must be harnessed to reduce stress and deliver wellbeing benefits.”

Laura Westcott, Founder, Music for Mental Wealth

“Thinking about the future can arouse fear and anxiety but if we consciously plan how we would like our future to be, fear will take a back seat while positive thinking will galvanise our emotional response and inspire the way forward. In transformative times, ISMA^{UK} are to be thanked for helping us to devise strategies that will carry us through and enable us to thrive.”

Charlotte Kemp, the Futures Alchemist

“I believe that employee wellbeing is paramount in our changing world and never more so than now, as technology opens up new landscapes that will revolutionise working practices. If we engage with emerging trends in a positive way, while equipping employees with the right tools, the future of work will be bright. Thank you, ISMA^{UK}, for shining a spotlight on these important issues.” **Nick McClelland, Chief Growth Officer, Champion Health**

*“We are delighted to be joining Stress Awareness Week here in Spain from 30 October – 3 November with our first-ever congress, **From Stress in the Legal Profession to #jurisbalance: Redefining Health, Productivity and Success in the Legal World**. It will be a unique week of live conferences and workshops, to raise awareness of the impact stress has on the health, productivity and performance of professionals, promote wellbeing among lawyers, and provide practical tools to reduce stress in the legal profession.”* **Carolina Caparrós Alvarez, ISMA^{UK} member and Co-founder, Bienestar HUB**

“We are thrilled to be adding our voice, here in Italy, to the campaign for increased stress awareness with our seventh Stress Awareness Day being held in Milan from 3rd – 4th November, as part of the IAPEM and ASMOE International Congress. Our expert speakers will discuss stress and its physical as well as mental effects and propose effective solutions to this age-old affliction.” **Dr Pier Michele Mandrillo, ISMA^{UK} member and Professor at the Universities of Foggia, Chieti and Tor Vergata Rome**