

# What is Stress?

The adverse reaction people have to excessive pressure or other types of demands placed on them.

---

Today's new world of work sets up more harmful stressors every year. Make sure this is the year you join the International Stress Management Association.

## The International Stress Management Association:

- Registered Charity, dedicated to promoting knowledge and best practice in stress management - internationally.
- Proud founders of Stress Awareness Day and International Stress Awareness Week.

[www.isma.org.uk](http://www.isma.org.uk)

**ISMA**<sup>UK</sup>  
Promoting Stress Prevention and Wellbeing

# 7 Reasons Why You Should Join the Leading Professional Body for Stress Management, Wellbeing and Performance.

## 1 Promotion

Your chance to showcase your skills via ISMA webinars

## 2 Exposure

Members like you, listed in an exclusive web-directory

## 3 Collaboration

Selective, valid contacts across the healthcare sector

## 4 Influence

Use the corporate logo and post-nominal letters for professional membership

## 5 Updates and Research

Be updated via our professional journal and publications and find articles of interest in The Hub

## 6 Activities

ISMA<sup>UK</sup> hosts internationally recognised International Stress Awareness Week, Global Stress & Wellbeing Summit, plus monthly Masterclass events

## 7 Members Go Free

Enjoy free or discounted entry to all ISMA<sup>UK</sup> events

---

## ONLINE GLOBAL STRESS & WELLBEING SUMMIT

Unique annual showcase of world experts on stress management, mental health, and workplace wellbeing. Packed with keynote speeches, interactive panel sessions, and much more.

## INTERNATIONAL STRESS AWARENESS WEEK

A wide range of stress-related events, synchronised to happen during the same week, so the public and the media are especially focused on stress awareness.

## ASSOCIATE OR CORPORATE MEMBERSHIP OPTIONS

If you're not eligible for Professional Membership, but you are interested in stress management, you can apply to be an Associate or Corporate Member.

## Join Us Today

Contact Claire at [membership@isma.org.uk](mailto:membership@isma.org.uk). [www.isma.org.uk](http://www.isma.org.uk)

We look forward to hearing from you.