

OUR HISTORY

The American Institute of Stress is a non-profit organization established in 1978 at the request of Hans Selye to serve as a clearinghouse for information on all stress related subjects. Stress has become such an ingrained part of our vocabulary that it's hard to believe it was first introduced just 50 years ago by Selye to describe the "the body's nonspecific response to any demand, whether it is caused by or results in pleasant or unpleasant stimuli."

OUR FUTURE

AIS is growing at a rapid pace as we continue to face a growing epidemic of stress across the globe. The future of AIS is bright, with much opportunity for collaboration. It is our vision to provide a diverse and inclusive environment that fosters intellectual discovery, creates and transmits innovative knowledge, improves human health, and provides leadership to the world on stress related topics.

JOIN US

Help us reduce the negative impact of stress in our world as we work together to extend our reach into the public to ENGAGE, EDUCATE AND EMPOWER the global community with science based stress management information, tools and techniques, so we can all live more peaceful, happier, healthier and longer lives!

Complete your online application today at www.stress.org.

"What happens in the mind of man is always reflected in the disease of his body."

- Rene Dubos

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The American Institute of Stress



WWW.STRESS.ORG

MEMBERSHIP OPPORTUNITIES WITH THE AMERICAN INSTITUTE OF STRESS

Obtaining credentials from The American Institute of Stress is a designation that sets members apart and reflects their commitment to the advancement of innovative and scientifically-based stress management protocols.

The AIS Seal for advanced certifications and credentials inform the public that the certificate holder commands advanced knowledge of the latest stress research and stress management techniques.

For physicians and other healthcare practitioners, it designates your practice as an advanced treatment center for stress related illnesses.

MEMBER

Anyone can become an AIS member! Membership shows dedication to advancement of the field. Student and military options available.



DIPLOMATE

For those who hold a degree or healthcare license and have been in practice or profession for at least 3 years.



FELLOW

For those who hold a doctorate degree or special license and have been in practice or profession for 5 years.



BECOME A MEMBER AT STRESS.ORG

The Source for Science-Based Stress Management Information

Over the last 40 years, we've expanded our services and broadened our reach, but our dedication to science hasn't changed a bit.

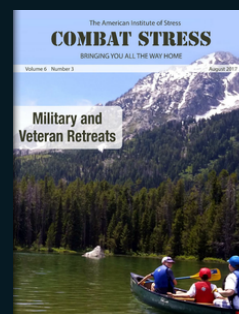
Our mission is to improve the health of the community and the world by setting the standard of excellence of stress management in education, research, clinical care and the workplace. Diverse and inclusive, The American Institute of Stress educates medical practitioners, scientists, health care professionals and the public; conducts research; and provides information, training and techniques to prevent human illness related to stress.

OUR MAIN FOCUS AREAS INCLUDE:

- Combat Stress
- Daily Life
 - Workplace Stress
 - Stress-less Schools
- Horizons: Expanding Human Potential

OUR SERVICES INCLUDE:

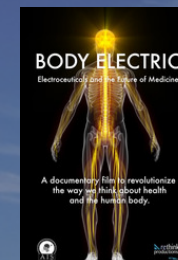
- Stress Research
- Learning Center
- Speakers Bureau



AIS members receive a quarterly Research Roundup with the latest stress related research and news, as well as two quarterly magazines, Combat Stress and Contentment.

JOIN TODAY AND RECEIVE THESE TWO VALUABLE GIFTS:

Body Electric: Electroceuticals and the Future of Medicine, a documentary film aimed to revolutionize the way we think about health and the human body



A Personal Appraisal of Hans Selye and the Origin and Evolution of the American Institute of Stress, an eBook by Paul Rosch, MD, FACP

