



**AEROTEAM**  
Training Solutions

## MAYDAY STRESS MANAGEMENT

### A Game About Your Reality

MAYDAY is a scenario-based learning game which revolves around a fictitious organisation and a team under pressure.

The purpose of the game is to make the team solve their core tasks without suffering from stress.

The interactive use of discussions, teamwork, and reflections contribute to creating a structure and culture which can prevent and manage stress. Insights from the game can be transferred to your own environment and reality.

You can contribute to managing stress. Before it is too late.

## Is your culture and structure stress resilient?

Stress has great physical and cognitive consequences - for those that become sick and for the workplace which must make do with absent colleagues for a shorter or longer period of time.

That is why it is crucial to be able to identify, manage, and prevent stress. Proactively and efficiently.

In fact, you can play your way to a better understanding of stress prevention and management.

Want to join?

### BALANCE

Tasks &  
projects

### IDENTIFY

Colleagues  
under pressure

### STRENGTHEN

The culture  
& structure



Scan the  
code - and  
get smarter  
about stress



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