

Stress Blocks Challenge



In early June, you'll start to see red, blue, yellow and green stress blocks at your location — they may even be dropped directly at your desk. Once they've arrived, it's time to get creative! The stress blocks are giveaway items for you to keep, but first we'd like you to take part in our Global Well-Being Week competition: The Stress Blocks Challenge.

Here's how it works:

- 1 Gather some stress blocks and your colleagues.** Collect a few stress blocks and encourage your colleagues to do the same. You may want to bring other supplies like tape or paper, too.
- 2 Find a space to do some building.** Find a conference room or break room table where you'll have some room to gather around and start building.
- 3 Let the creativity flow!** During meetings, lunch or breaks, take a well-being moment and build structures out of the stress blocks. See tips below.
- 4 Email a photo of the structure to GlobalWellBeing@AECOM.com** by June 30.

The Global Benefits team will select finalists, and you and your colleagues will be asked to vote on your favorites. Winners will receive recognition and a prize!



Tips for building your structure:

- Big and tall, short and clever, long and intricate – we're looking for all kinds of creativity!
- Try recreating famous AECOM structures, such as Brisbane City Hall, Taizhou Bridge or Barclays Center.
- Need supplemental support? Feel free to employ paper clips, tape, paper – anything you need to get your structure from imagination to execution.
- Have fun! This activity is all about making time to connect with your colleagues, have some laughs and create good memories.