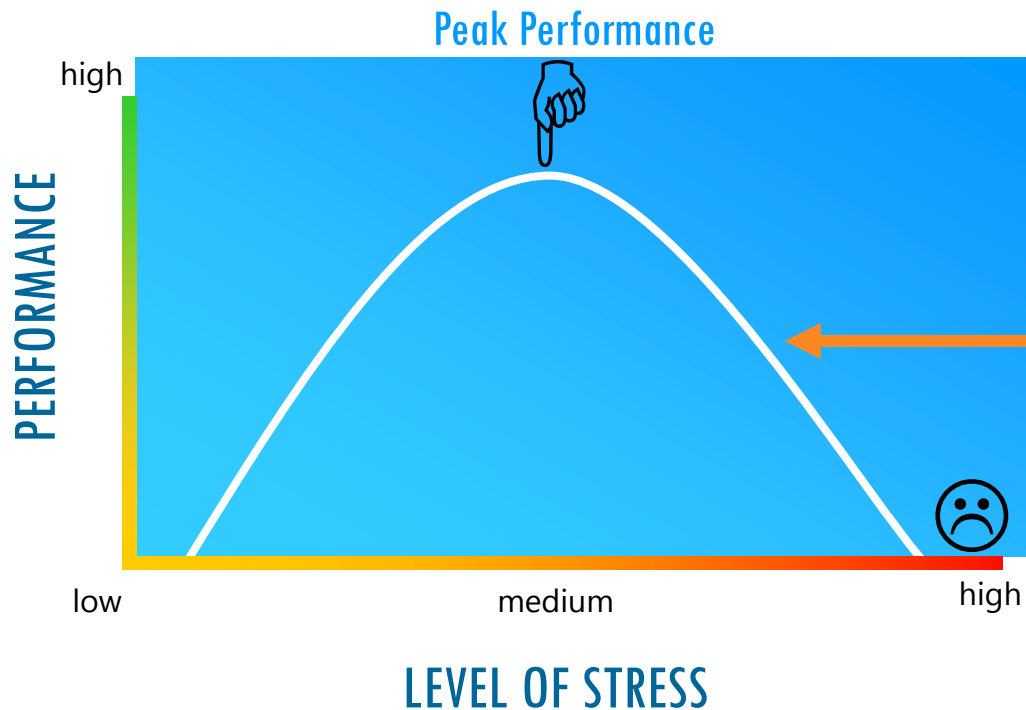


STRESS & PERFORMANCE



Normal Fight/Flight/Freeze Responses to Psychological Stress Overload

- Decrease in Performance
- Poor Concentration & Memory
- Anxiety, Nervousness
- Feeling Overwhelmed (Freeze)
- Avoidance of Tasks (Flight)
- Giving Up (All or Nothing)
- Emotions: Bottled up, Erupt, Roller-Coaster (Fight or Flight)
- Depression, Hopelessness

Yerkes-Dodson Principle

ROBERT M. YERKES, M.D. AND JOHN D. DODSON, M.D., 1908

The Stress and Performance Curve reminds us that stress is normal and motivating up to a certain point. However many of our tasks don't require our peak energy or performance. Pushing at top speed all of the time exhausts the body and mind and makes it more likely that we will experience stress overload and its consequences. Periods of complete relaxation are essential to health and well-being. When we notice we are "speeding out of control" into stress overload it is essential to do something right then to calm the mind and relax the body—to "put on the brake."