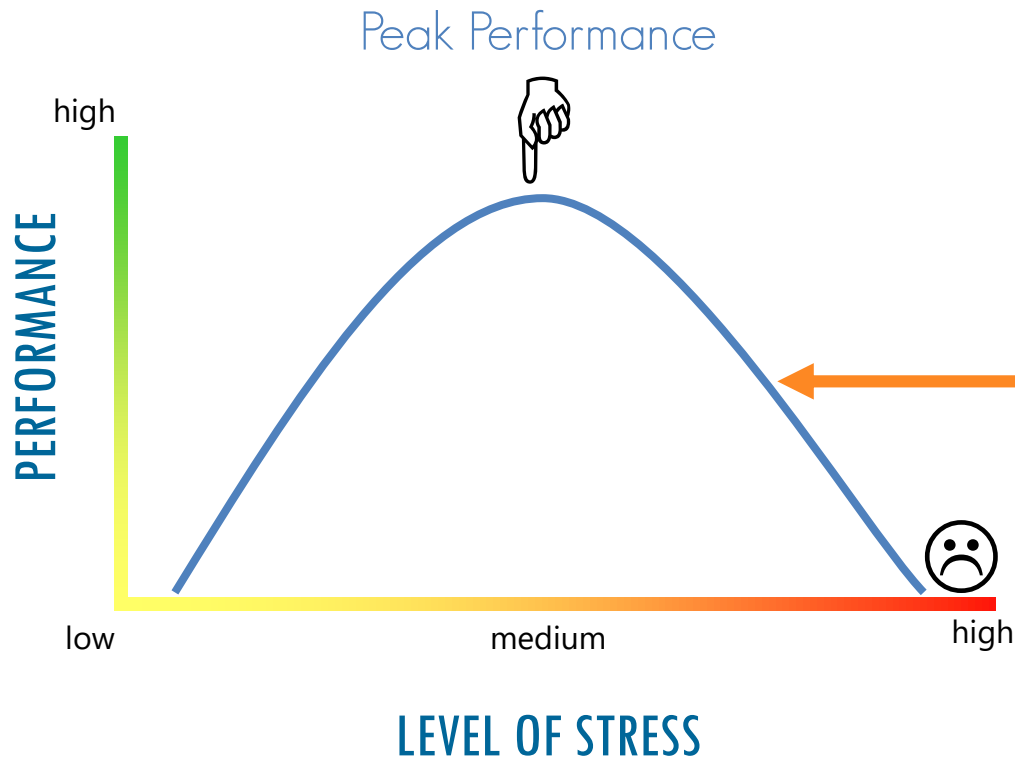


# STRESS *and* PERFORMANCE



## 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 Yerkes-Dodson Principle indicates that stress is healthy and useful up to a certain point. However many of our tasks don't require our peak energy or performance. Working at top speed all of the time exhausts the body and mind and makes it more likely that we will go into stress overload. Times of complete relaxation are essential to health and well-being. Awareness of this curve can help us de-stress before becoming overwhelmed by stress.