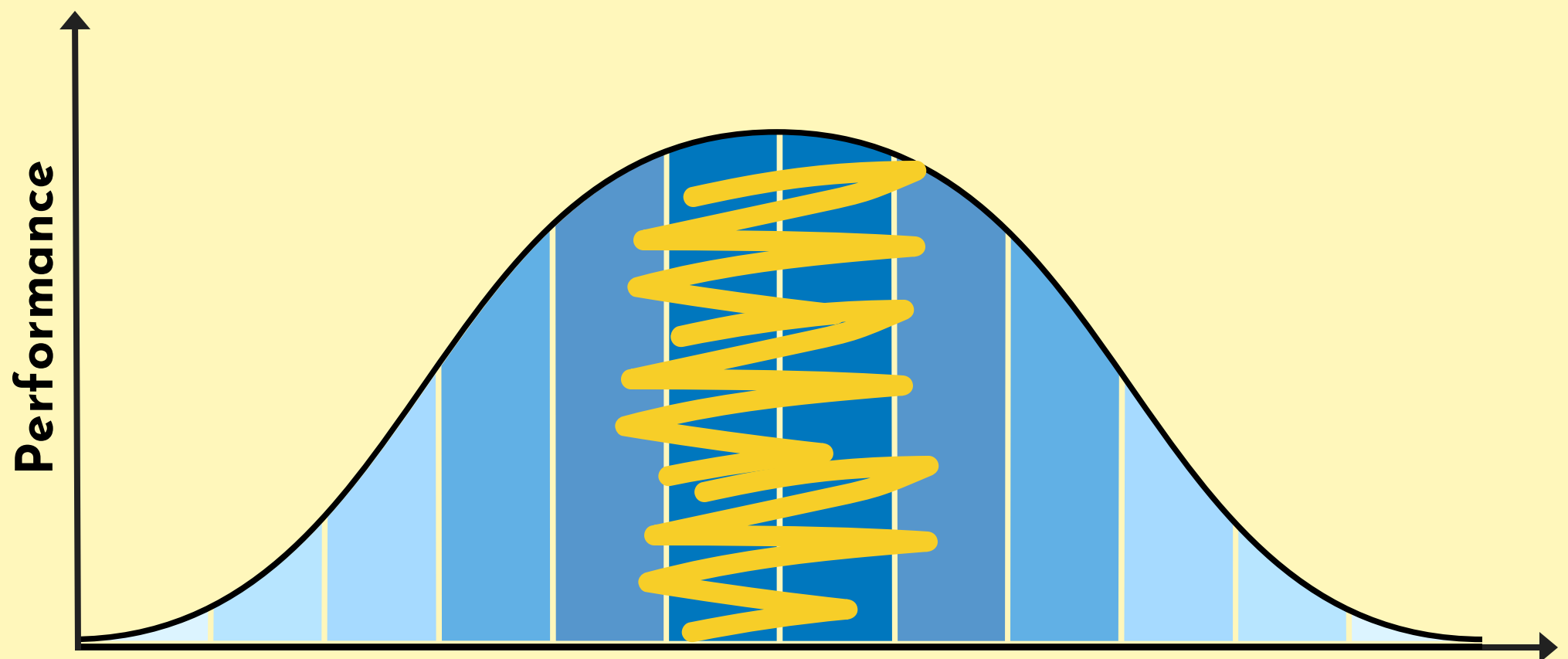


Yerkes-Dodson Curve



Stress

Level
Optimal Stress

Under-Stressed

Performance is suboptimal due to lack of motivation or excessive relaxation.

Low Stress

Performance improves as stress increases, with individuals being most alert, motivated, and focused.

High Stress

Performance declines due to anxiety, decreased concentration, and reduced fine motor skills.

Over-Stressed

Performance drastically plummets as individuals become overwhelmed and unable to function effectively.



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