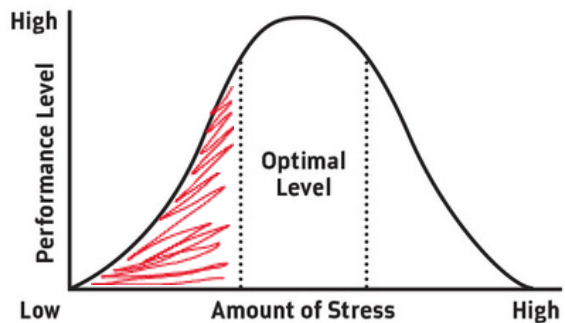


The Yerkes-Dodson Performance Curve

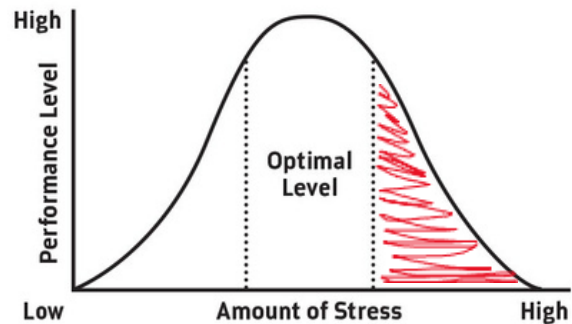
(Or finding the 'Goldilocks Zone')

The Yerkes-Dodson Performance Curve illustrates the relationship between stress and performance, and shows us that our optimal performance, as well as our optimal enjoyment and focus, is when there's just the right amount of demand, stress and challenge on us.

- When there's **too little stress** / arousal / challenge / demand – we're in apathy or boredom.



- When there's **too much stress** / arousal / challenge / demand – we're in anxiety / panic / disintegration



- When there's the **optimal level of stress** / arousal / challenge / demand – we're in our High Performance Zone, our Flow Zone, our 'Stretch Zone'.

