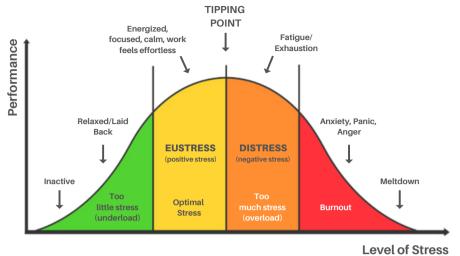
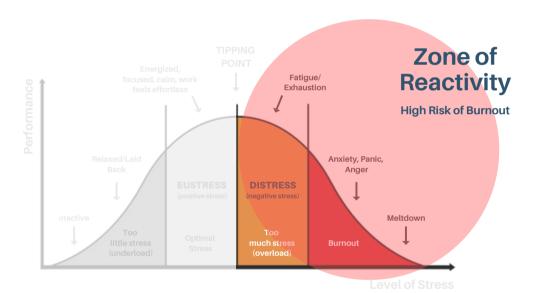
## **Human Stress Curve**



Source: Adapted from Yerkes-Dodson Law



## **Zone of Healthy High Performance**



**Level of Stress**