

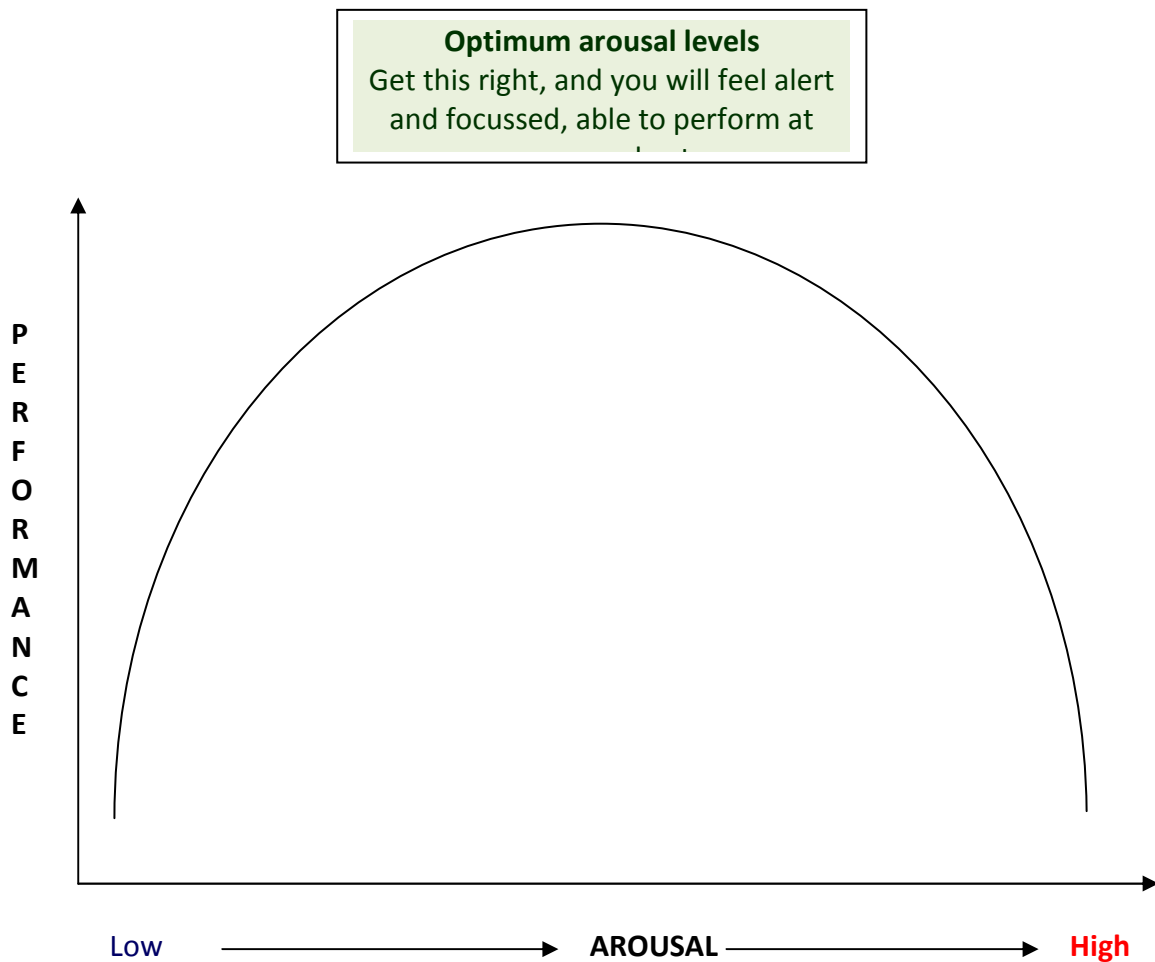


Stress and Performance – Getting the Balance Right

As with most things in life, with stress levels it is important to get the balance right, and our aim is to help you achieve this.

Stress can work for you or against you – striking the right balance will mean that you will perform to the best of your ability. In the past you may have experienced too much or too little stress, and were disappointed with the results you achieved. Many of us have at some time.

You can see clearly how this works when you look at academic research on arousal levels and performance. As long ago as 1908, Yerkes and Dodson illustrated the relationship between stress and performance using this 'n' shaped curve. Both too little and too much stress will prevent you performing at your as well as you can. A balance is what we are aiming for.



With too little arousal

We can feel lethargic, apathetic, unable to concentrate. If we bother at all, preparation may be half hearted, and results disappointing.

With too much arousal

We may have uncomfortable feelings or negative thought patterns. The effects of excess adrenalin on the body can be a handicap, with palpitations, dry mouth etc.