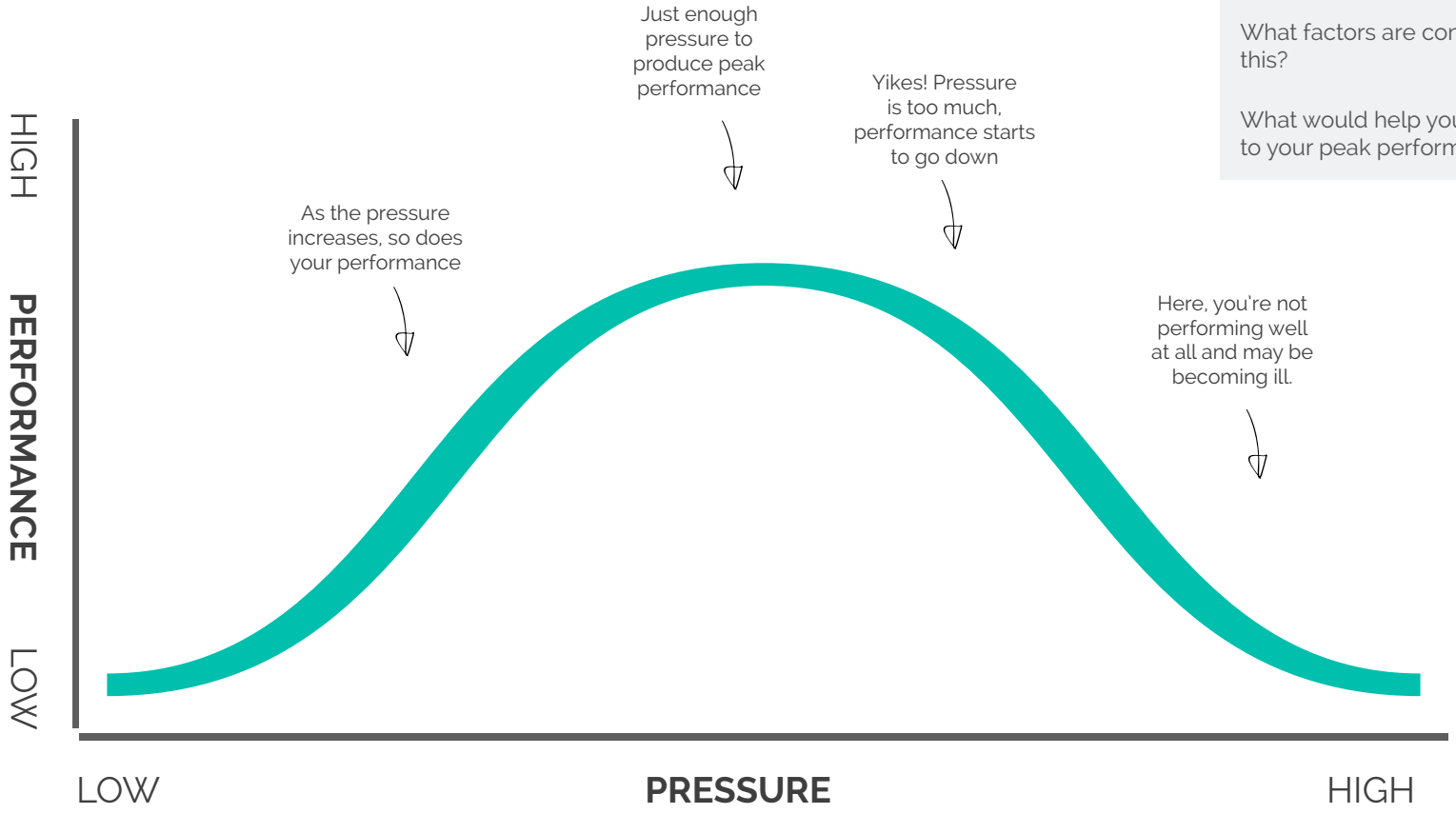
WILD MONDAY

the stress curve

WORKSHEET

1. Human beings need some degree of stress to do anything. But quite quickly, if the stress doesn't let up, our performance sharply drops.



2. Some questions to think about:

Where would you place yourself on the curve?

What factors are contributing to this?

What would help you to move back to your peak performance?