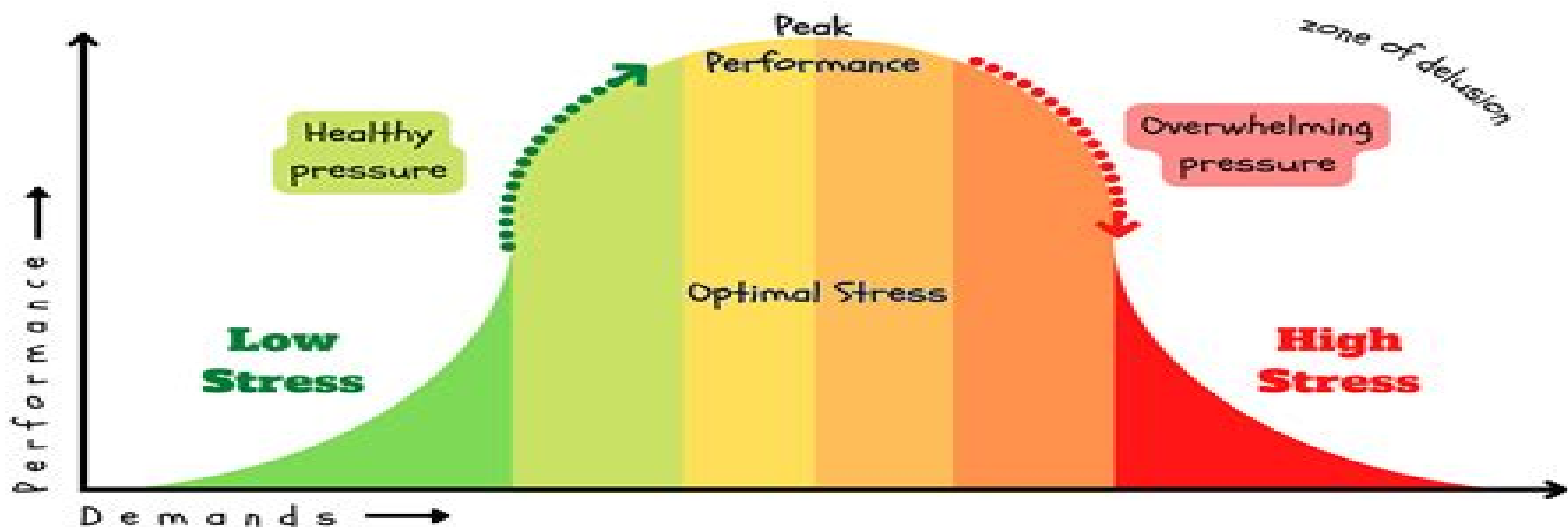


Stress Performance Curve



Stress Level

Low	Moderate	Optimal	High	Too high
Inactive Bored Unchallenged "I wish I had more to do!"	Engaged Focused Motivated "I'm feeling focused & energised"	Confident In control Productive "Now I'm really in the zone"	Distracted Fatigue Overwhelm "I feel anxious & unfocused"	Exhaustion Anxiety Burnout "I can't take this anymore"



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Daniela Niemeyer



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