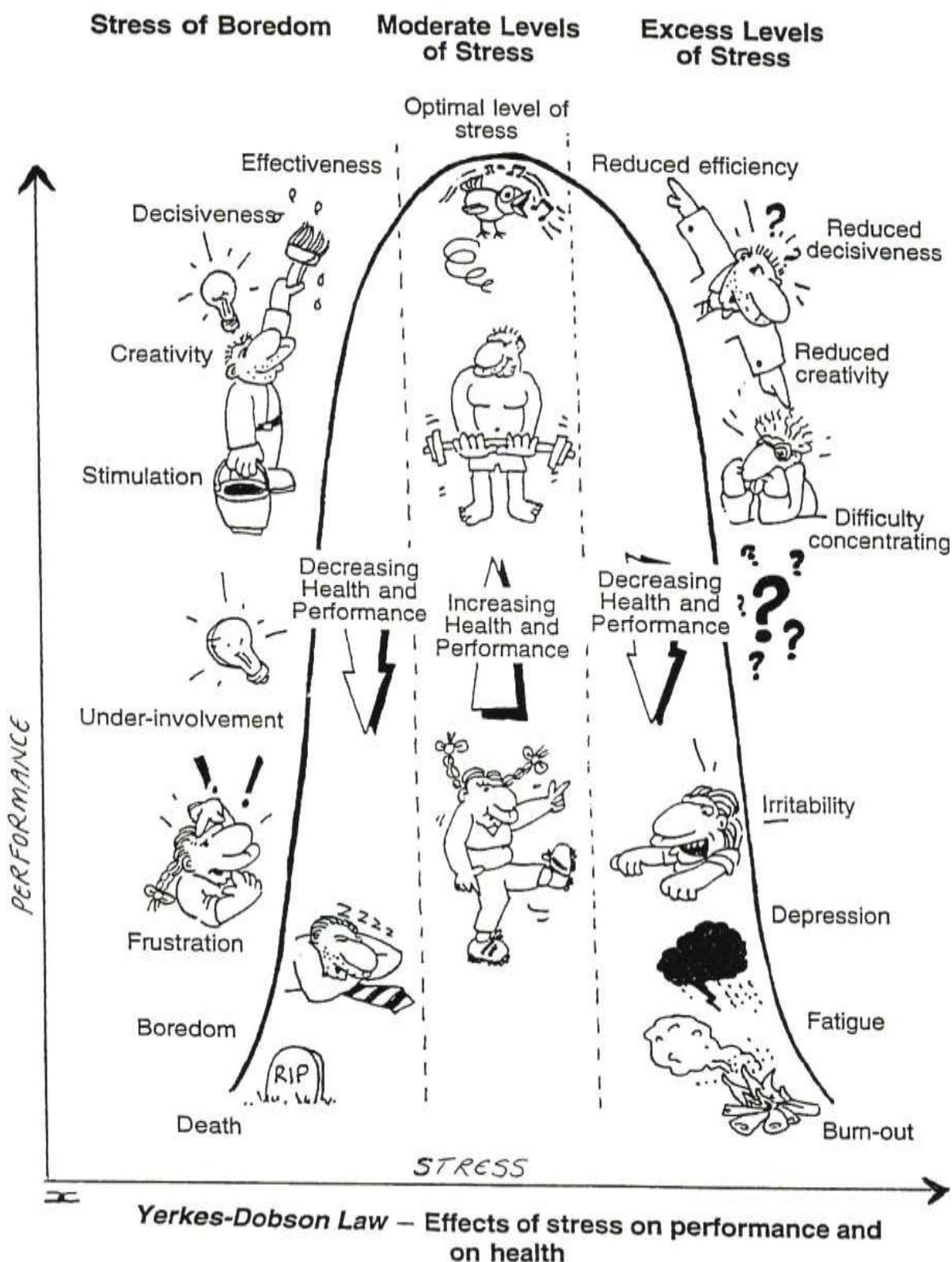


The Stress Curve

Stress and Human Effectiveness



An inverted U-type curve has been used to depict the effect stress has on performance. It can be shown that, as stress increases, so does performance and efficiency. However, if stress continues to increase beyond an optimal point (the joy of stress), performance starts to decline (too much stress).

This document forms part of my materials developed for HELM
See www.clairenewton.co.za/helm.html to download a copy.

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