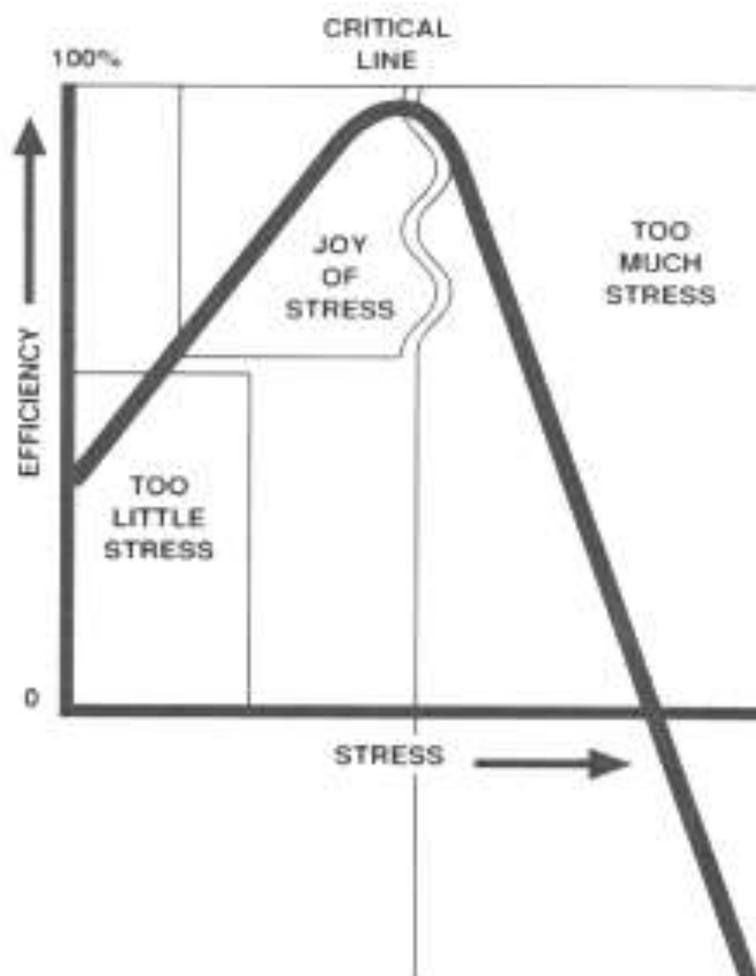


The Stress Graph

Stress and Human Effectiveness

This shows that some stress is necessary to enhance performance. This positive stress is sometimes called “Eustress”. Once it reaches a level of acute discomfort, however, it is harmful and counterproductive. This is what we refer to as “Dystress”.

Graph: The relationship between the amount of stress and human efficiency.



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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