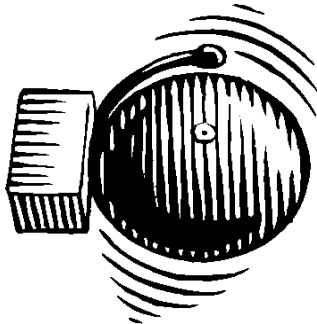


When Stress Helps or Hinders

Write two examples of an event that relates to each boxed comment.

WHEN STRESS

HELPS PERFORMANCE



There is a need for the changes to quickly resolve an actual danger, emergency or crisis.

There is a need for the changes to get “geared up” for a physical activity.

The changes help the individual stay sharp, motivated, and focused on a task or goal.



WHEN STRESS

HINDERS PERFORMANCE



The stressor is imagined or there is an overactive stress response.

The situation doesn't require the physical changes associated with the stress response.

A continued, long term or unresolved stress response that builds up and results in the inability to relax and recharge.

Extreme Stress