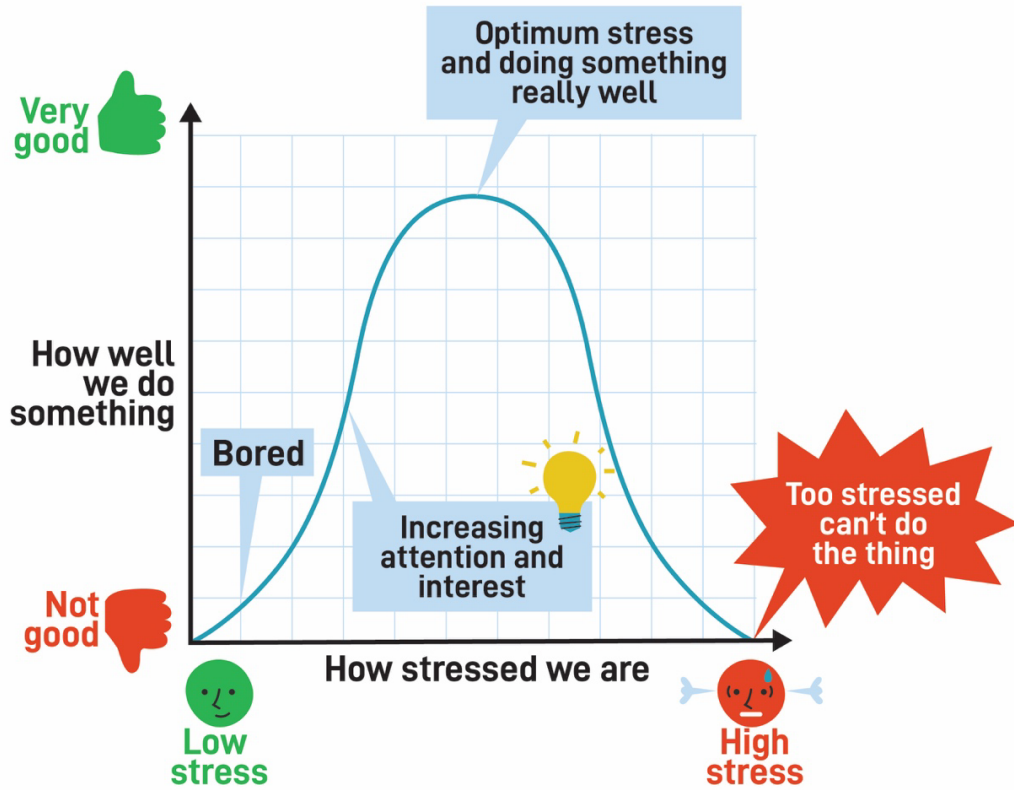


Stress Curve

A little bit of stress can help us focus. Too much stress can get in the way of what we want to do.

Where are you on the stress curve? Mark it on with a cross



What would help you be where you want to be on the curve? Write or draw your ideas below.