THE STRESS CURVE

Impact of Stress on Productivity

Productivity

- Boredom
- Comfort
- Stretch
- Strain
- Burnout

Stress/Pressure

*Zone of Poor Decision Making

- Optimal Productivity

Adapted from Delphis.org.uk

Boredom
- Too little stress
- Low motivation
- Poor performance

Optimal Performance
- Across comfort, stretch and strain levels

"Zone of Poor Decision Making"
- Fatigue
- Poor judgement

Burnout/Crisis
- Exhaustion
- Serious health problems
- Breakdown

McGill University (2020)
Common Signs of Stress

### Physiological
- Increased heart rate
- Sweating
- Dry mouth
- Headaches
- Nausea and dizziness

### Cognitive
- Negative self-talk
- Restlessness
- Inability to concentrate
- Difficulty making decisions

### Emotional
- Mood swings
- Anger
- Worry
- Anxiety

### Behavioural
- Irritability
- Loss of focus
- Less coordinated movements
- Fidgeting, nail biting
- Stress eating

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**Strategies to Increase Pressure**

- **Create a semester schedule**
  - Look ahead with all your classes in mind to see how much time you really have.
- **Break down work into steps**
  - Review your guidelines and ask:
    - How long will each step take?
    - When do you plan to do them?
- **Reflect on past experiences**
  - Maybe you can complete it in one night, but should you? How did you feel last time?

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**Strategies to Decrease Pressure**

- **Practice self-care**
  - Schedule time for things that make you feel good!
- **Stress Management**
  - Deep breathing
  - Muscle relaxation
  - Visualization
- **Make a plan!**
  - Make a list of all the things you need to get done, then prioritize your top three to do!