

Name: _____



The Reset Button

Notes:

Yerkes-Dodson Law shows the relationship between performance and pressure/stress.

I feel too little pressure/stress when:

I feel too much pressure/stress when:

Reset Button

1. Something to look at: _____
2. Something to say: _____
3. Deep breath in, extra long exhale

This is a time/situation when I anticipate using the reset button: