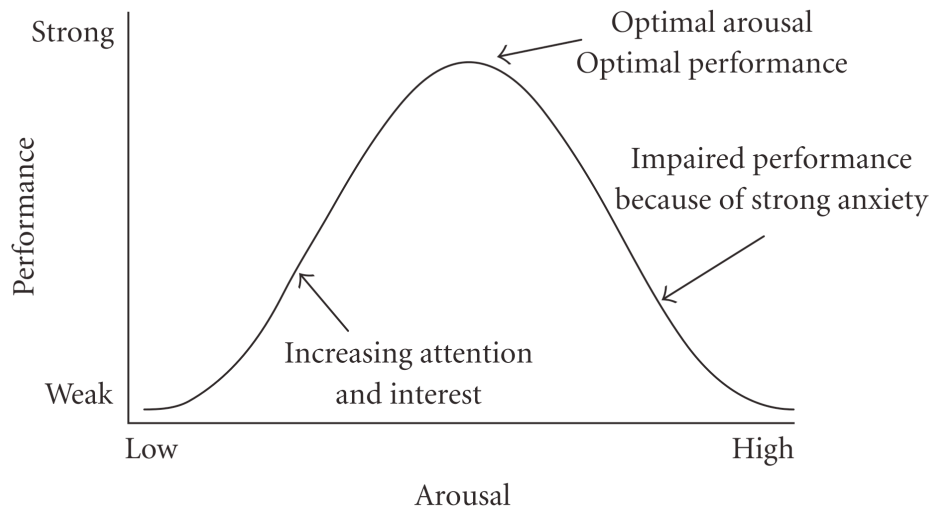


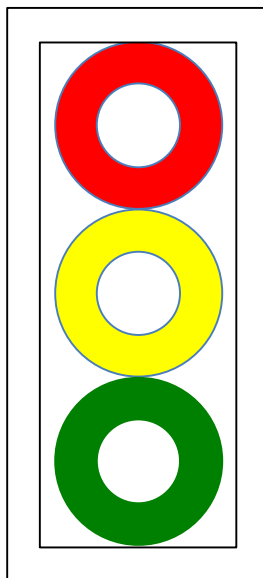
The Champion's Mindset: Session 4: Champion's Arousal

- **Yerkes Dodson Law** –there is a relationship between physiological arousal (as measured by heart rate, breathing, muscle tension) and performance.



- Neuropsychology finds brain function also changes with arousal (Hanson 2013)
- **Summary:** there is an optimal zone of arousal for performance (**green zone**)
 - Very under or over aroused is problematic (**red zones**)
 - Managing arousal becomes essential for peak performance
 - Noticing right when you leave your optimal zone (**yellow zone**) is key
- Stoplight Exercise – Fill in the signals of each zone (thoughts, emotions and physical symptoms) and how can you effectively respond in each zone (red, yellow, green).

Signals



Responses