

STRESS LEVEL



LOW (1-3)

The low level of stress is in a relaxed state.

MODERATE (4-7)

Moderate level of stress is optimal for maximum performance. Staying in the state for more than 4-8 hours can cause accumulated fatigue and other physical stress symptoms.

HIGH (8-10)

High stress! Changes in behavior and stress reduction are required ASAP.

Evaluating Stress A Resource Guide

O García



Evaluating Stress A Resource Guide:

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