

PROLONGED Stress...



leaves students unable to detect patterns, detect larger levels of organization, solve complex problems, or understand connections.



Learning then narrows to isolated facts.



Too much threat is paralyzing.



Prolonged stress results in anxiety, depression, and restlessness.

The emotional state of your students is at least as important as the intellectual-cognitive component of what you are trying to present.

Students learn best and most easily when they are completely engaged, heart, mind, and body.