Stress, Emotions and Performance

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The diagram illustrates a 2D space plotting emotional states on two axes: activation (eliciting emotion) and valence (positive or negative). Key terms in this space include:

- **ANGRY** and **SAD**: Lower activation and lower valence (deactivation).
- **HAPPY** and **RELAXED**: Higher activation and higher valence (activation).

Specific terms and their positions:
- **Tense**, **Excited**, **Clated**, **Serene**, **Calm**, **Fatigued**
- **Unpleasant** and **Pleasant** axes
- **AROUSAL** and **VALENCE** axes

This model helps in understanding and categorizing emotional states.
Bluetooth Channel (receives data wirelessly from Nexus-10)

Tablet PC with Biotrace+ Software

Respiration Sensor (Belt)

Pulse Oximeter or PPG Sensor

(a)

ECG Sensors
A = Negative Electrode
B = Positive Electrode
C = Ground Electrode

Nexus-10: Data Acquisition and Biofeedback Device

Wires carrying signals from sensors and electrodes
Improvement coaching for Office Athletes

Added small changes in daily habits can have a major impact on your physical well-being and cognitive performance.

Create healthy, productive habits and become an ‘Office Athlete’!
WORK & MOVE
SitStandCOACH

TIME TO STAND UP

You have been sitting for 30 minutes. Time to stand for 6 minutes of clock time.

Press the button ‘Raise desk’ or push the keys: Ctrl + ⌘ + S to raise your desk.
Set your sit-stand profile by choosing between the available profiles. You can select a profile and see the sit/stand times that are relevant to this profile. If you want to use a profile you can achieve this by selecting the 'Active' checkbox of this profile. The timer type for sitting or standing can be set to 'Active time' or 'Clock time'. To take in account active computer work (clicking, ticking and viewing) or clock time in general.

- **Monitor**
  - Active

- **Minimal movement**
  - Active

- **Optimal movement**
  - Active

- **Very sporty**
  - Active

- **Manually set sit-stand goals**
  - Active
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<th>Date</th>
<th>Changes</th>
<th>Sitting time</th>
<th>Standing time</th>
<th>Goal</th>
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I’ve had a rough day at work today.

Do you want to talk about it?
Energiser

Activate body and mind
Stand up, stretch and look around. You can continue work with extra energy in a moment.

00:07