



ALLARD SCHOOL OF LAW

WELLBEING  
AND  
PERFORMANCE

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*The Student Wellbeing Program*



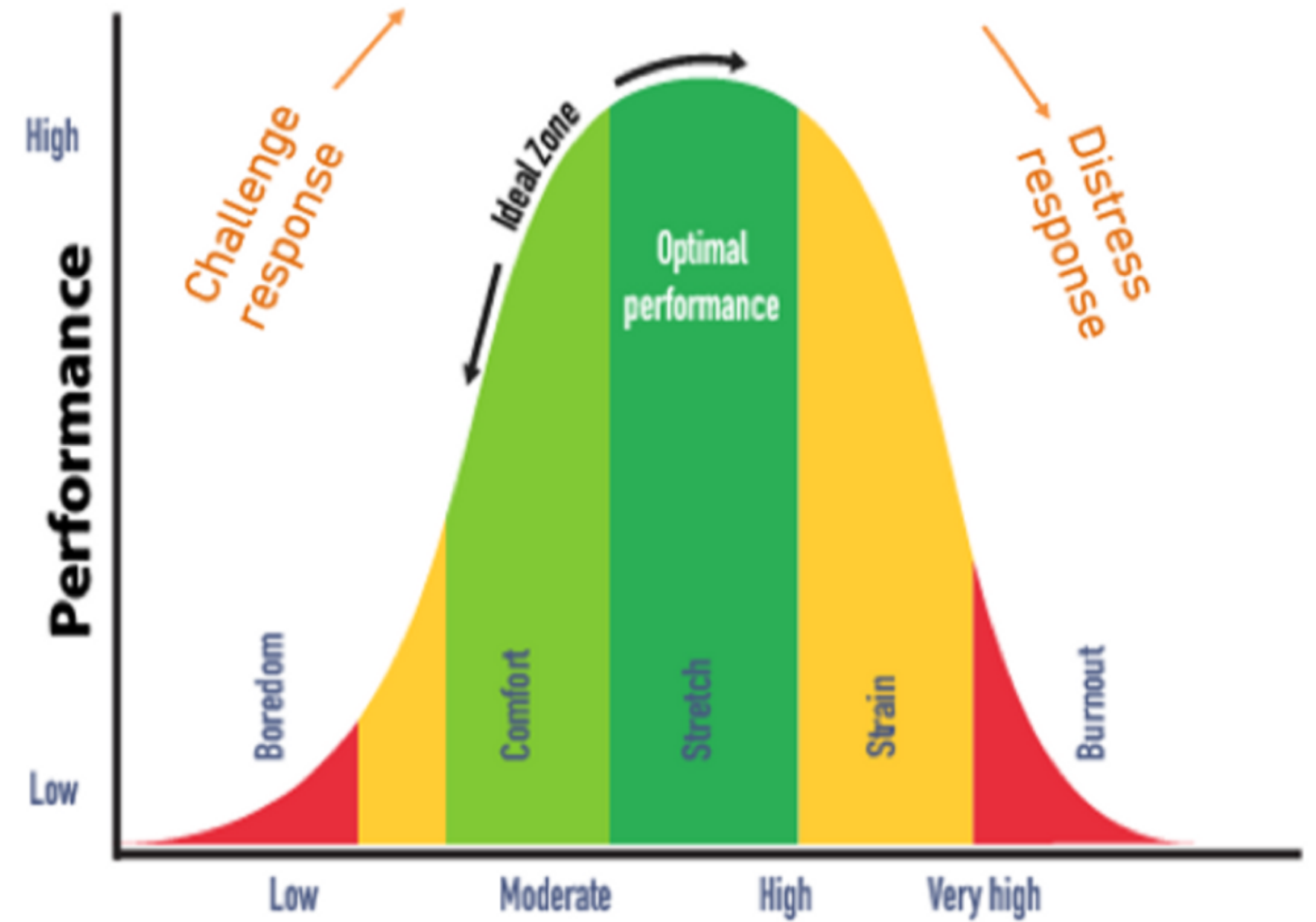
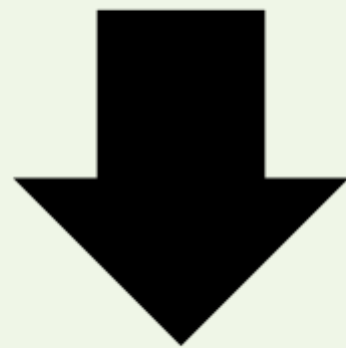
PETER A. ALLARD  
SCHOOL OF LAW

THE UNIVERSITY OF BRITISH COLUMBIA

Wellbeing impacts our performance. Any wellbeing concern can bring with them many strong emotions. Any emotion produces the same response in the body.

Notice this is “good” and “bad” emotions – same response in the brain and body. Our brain attributes good and bad – challenge or distress.

Strong emotions can increase our performance at first but if its ongoing it can then begin to decrease performance



Ahh...Everythin  
is Under  
Control...



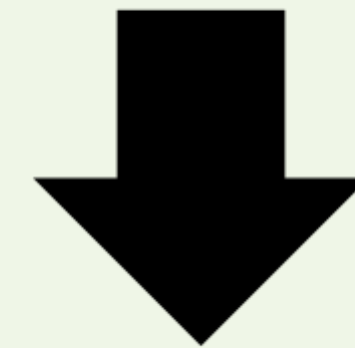
Flood of  
Emotion



Help!  
(Control is  
lost)



This is because strong, ongoing  
emotions floods and disables our  
cortex



A disabled cortex compromises our ability to access information from the cortex.

