

Balanced Musician Chapter 3, "The Connection Between Mind and Body"

Name: _____

1. What are two other words that can be used instead of "anxiety"?
2. What relationship does the Yerkes-Dodson Law explain?
3. What is another name for the Yerkes-Dodson Law?
4. What level of arousal is optimal for complex skills like playing the piano?
5. What does the word "flow" describe?
6. What type of processing should occur in a performance situation?