

Stress Awareness

Health Education Program

Learning to relax

Test your hardiness

Are you tough when life gets rough? This simple quiz can give you an idea of how stress-hardy you are. Indicate how strongly you agree or disagree with each statement, using this scale:

0=strongly disagree 1=mildly disagree 2=mildly agree 3= strongly agree

- A. ____ Trying my best at work makes a difference.
- B. ____ Trusting to fate is sometimes all I can do in a relationship.
- C. ____ I often wake up eager to start on the day's projects.
- D. ____ Thinking of myself as a free person leads to great frustration and difficulty.
- E. ____ I would be willing to sacrifice financial security in my work if something really challenging came along.
- F. ____ It bothers me when I have to deviate from the routine or schedule I've set for myself.
- G. ____ An average citizen can have impact on politics.
- H. ____ Without the right breaks, it is hard to be successful in my field.
- I. ____ I know why I am doing what I'm doing at work.
- J. ____ Getting close to people puts me at risk of being obligated to them.
- K. ____ Encountering new situations is an important priority in my life.
- L. ____ I really don't mind when I have nothing to do.

<input type="text"/>		<input type="text"/>	=	<input type="text"/>
A+G	minus	B+H		control score

<input type="text"/>		<input type="text"/>	=	<input type="text"/>
C+I	minus	D+J		commitment

<input type="text"/>		<input type="text"/>	=	<input type="text"/>
E+K	minus	F+L		challenge

Total hardiness score = _____

The Hardiness Questionnaire is taken from Suzanne Ouellette Kobasa's article "How Hardy Are You?" (American Health Magazine September 1984, p 64-77). Reprinted with permission from the publisher.

1995 Nancy Loving Tubesing and Sandy Stewart Christian, Structured Exercises in Stress Management Vol 5 Page 21. Whole Person Associates 210 W Michigan Street Duluth, MN 55802-1908 (800) 247-6789

