

# Stress Awareness

## Health Education Program

### *Learning to relax*

In this fast-paced, constantly changing world, stress is an ever-increasing problem. Undue stress wears down our immune system and leaves us susceptible to all types of physical ailments. Psychological hardiness has been shown to reduce the occurrence of illness in reaction to stress. It is also linked to the ability to thrive under pressure in both personal and professional life.

The quiz measures the traits that make up the “hardy” personality. These include commitment, control, and challenge:

- Stress-hardy people realize they have control over their feelings. They may not necessarily have any control over the situation, but they can control how they react to that situation.
- Stress-hardy people view things as challenges instead of seeing them as being difficult.
- Stress-hardy people are committed to something, such as family, school, or career goals.

These three traits work in combination with each other to make an individual vulnerable or resistant to stress. People who are “hardy” are more resilient to the effects of stress and are therefore less likely to develop stress-related illnesses than their less hardy counterparts. They also thrive in a variety of circumstances where less hardy individuals would falter.

Review the results below to see how stress-hardy you are.

#### **Quiz Results**

Hardy = 18-10

Moderately hardy = 9-1

Low hardiness = 0 or below

