

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.

A+G minus B+H = control score

C+I minus D+J = commitment

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.

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