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 = ________________
