

Hardiness Assessment

Tolerance Survey: 0=Strongly Disagree 1=Mildly Disagree 2=Mildly Agree 3=Strongly Agree

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| | 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 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 an 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 <u> </u> 0 + G <u> </u> 0 = <u> </u> 0	- B <u> </u> 0 + H <u> </u> 0 = <u> </u> 0	Control = <u> </u> 0
C <u> </u> 0 + I <u> </u> 0 = <u> </u> 0	D <u> </u> 0 + J <u> </u> 0 = <u> </u> 0	Commitment = <u> </u> 0
E <u> </u> 0 + K <u> </u> 0 = <u> </u> 0	F <u> </u> 0 + L <u> </u> 0 = <u> </u> 0	Challenge = <u> </u> 0
0 - 3 = Low hardiness 4 - 9 = Moderate hardiness 10 - 18 = Hardy		Hardiness: <u> </u> 0

Life Change Index					
Work		#	Health		#
Change to a new type of work	51		Very serious illness or injury	74	
Change in your work conditions	35		Moderately severe illness or injury	44	
Change in your work responsibilities	41		Illness or injury less serious than above	20	
Taking courses to help you	18		Personal and Social		
Troubles at work	32		Change in personal habits	26	
Major business readjustment	60		Beginning or ending school	38	
Loss of your job	74		Change of school or college	35	
Retirement	52		Change in political beliefs	24	
Home and Family			Change in religious beliefs	29	
Change in residence	40		Change in social activities	27	
Major change in living conditions	42		Vacation	24	
Change in family get-togethers	25		New, close, personal relationship	37	
Change in family member health/behavior	55		Engagement to marry	45	
Marriage	50		Personal relationship problems	39	
Pregnancy	67		Sexual difficulties	44	
Miscarriage	65		An accident	48	
Birth (or adoption) of a child	66		Minor violation of the law	20	
Spouse begins or stops work	46		Being held in jail	75	
Change in arguments with spouse	50		Major decision about your future	51	
Problems with relatives or in-laws	38		Major personal achievement	36	
Parents divorce	59		Death of a close friend	70	
A parent remarries	50		Financial		
Separation from spouse/family	79		Major loss of income	60	
Child leaves home	42		Major increase in income	38	
Relative moves in with you	59		Loss/damage to personal property	43	
Divorce	96		Major purchase	37	
Birth of a grandchild	43		Minor purchase	20	
Death of spouse	119		Credit difficulties	56	
Death of child	123		Your Score:		0
Death of parent or sibling	101				

Low recent Life Changes Score (0 to 199)

Your recent life changes proved to be few in number and low in demand — as measured by their recent life change severity units. As a consequence of this low level of recent life changes, your illness risk over the next year is also low. Only 1 out of 10 individuals in this range of life change stress will become ill over the following year. An exception to low life changes and subsequent good health is seen when a person's low life change year immediately follows a year, or several years, of very high life change stress. Look at former Presidents of the United States the year after they leave office.

Moderate recent Life Changes Score (200 to 299)

Most Americans report a moderate level of recent life changes, and these changes tend to make up a moderate degree of stress. Americans tend to experience some changes at work, changes in their living conditions, family and personal life changes, and financial changes, every year. As a general rule, 3 persons out of 10 who experience a moderate Recent Life Changes Score will go on to develop an illness over the following year. This illness will likely be one of moderate severity.

Estimates of the stressfulness of life change events have increased over the past decades. High scoring events have gone up about 20%. For example, in 1967, death of a spouse was estimated to be 100 units of stress compared to 119 units in 1997. Low scoring events have nearly doubled! Taking a vacation in 1967 was 13 units compared to 24 stress units in 1997. Therefore, life is becoming more stressful even if we don't increase our usual yearly number of life change events!

Elevated recent Life Changes Score (300 to 449)

A yearly recent life changes score in the elevated range is associated with an elevated risk for upcoming illness. For persons in this range, 1 out of 2 will likely experience an illness over the following year. More than one illness may also occur, and some of these illnesses may be rather severe. The strain on the body from elevated life change stress can impair, among other things, normal immune function. Accidents also become more likely for persons in this recent life change range. One large study of recent life changes and automobile accidents found that not only did the drivers of the car involved in an accident report an elevated level score for recent life changes, but so did passengers! It appears that our usual care to avoid risks becomes as impaired as our immune system during these periods of elevated life change stress.

High recent Life Changes Score (450 and higher)

A high recent life change score means not only that several life changes have occurred but also that some of these changes had very high stress values. This high recent life change stress load is called a "life crisis." Persons experiencing a life crisis have a 2 out of 3 chance of developing one or more illnesses, and/or accidents, during the following year. The bad news about being in a life crisis is the illness and accident vulnerabilities brought about tend to be severe — such as a heart attack. The good news is that most people do not remain in a life crisis for more than a year or two. That's because subsequent illnesses and accidents demand their attention and they begin to cultivate important stress management and life style coping capabilities. T.H. Holmes and T.H. Rahe. *"The Social Readjustment Rating Scale" Journal of Psychosomatic Research.*

Lifestyle Survey: 1 Always - 2 Almost Always - 3 Sometimes - 4 Almost Never - 5 Never

1. I eat at least one hot, balanced meal a day.
2. I get seven to eight hours of sleep at least four nights a week.
3. I give and receive affection regularly.
4. I have at least one relative within 50 miles on whom I can rely.
5. I exercise to the point of perspiration at least twice a week.
6. I smoke less than half a pack of cigarettes a day.
7. I drink fewer than five alcoholic drinks a week.
8. I am the appropriate weight for my height.
9. I have an income adequate to meet basic expenses.
10. I get strength from my religious beliefs.
11. I regularly attend club or social activities.
12. I have a network of friends and acquaintances.
13. I have one or more friends to confide in about personal matters.
14. I am in good health (including eyesight, hearing, teeth).
15. I am able to speak openly about my feelings when angry or worried.
16. I have regular conversations with the people I live with about domestic problems,
17. I do something for fun at least once a week.
18. I am able to organize my time effectively.
19. I drink fewer than three cups of coffee (or tea or cola) a day.
20. I take quiet time for myself during the day.

0 Total Score

- 0-24: Slightly vulnerable
- 25-49: Somewhat vulnerable
- 50-75: Seriously vulnerable
- Above 75: Extremely vulnerable