**Building Resilience to Stress**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Rarely | Occasionally | Sometimes | Frequently | Usually |
| 1 | I maintain good relationships with people who are close to me, such as family members, friends and colleagues |  |  |  |  |  |
| 2 | I see crises and stressful events as unbearable problems |  |  |  |  |  |
| 3 | I find it difficult to accept circumstances that cannot be changed |  |  |  |  |  |
| 4 | I develop realistic goals and take action to move towards them |  |  |  |  |  |
| 5 | I find it difficult to take decisive action |  |  |  |  |  |
| 6 | I look for opportunities for self-discovery after a negative event |  |  |  |  |  |
| 7 | I develop my own self-confidence |  |  |  |  |  |
| 8 | I keep a long term perspective and consider stressful events in a broad context |  |  |  |  |  |
| 9 | I find it hard to visualize what I want |  |  |  |  |  |
| 10 | I take good care of my own mental health |  |  |  |  |  |
| 11 | I take good care of my own physical health |  |  |  |  |  |
| 12 | I find it difficult to maintain a hopeful outlook |  |  |  |  |  |
| 13 | I engage in activities that I enjoy |  |  |  |  |  |
| 14 | I maintain balance in my life |  |  |  |  |  |
| 15 | I ignore my own needs and feelings |  |  |  |  |  |

*Adapted from the ’10 ways to build resilience’ by the American Psychological Association*