**Building Resilience to Stress – Scoring**

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

My Score is: \_\_\_\_\_\_

Low Resilience High Resilience

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