

Food Safety Inspection Service
Wellness Training Program

Worksheet Ten: The Hanson Scale of Stress Resistance

This inventory will help you to take a look at the kinds of choices you make in your life. **Weak choices interfere with your ability to resist stress. Strong choices that you make in your lifestyle help build hardiness, or resistance, to the effects of stress.**

Instructions: Print out this worksheet and complete the following inventory.

1. Give yourself points for the various weak choices; total them at the end of the column on page 1.
2. Give yourself points for the various strong choices; total them at the end of the column on page 2.
3. Transfer total scores from page 1 and 2 to the appropriate boxes on page 3. Follow the directions given, to obtain your net stress score.

Weak Choices	Value	Your Score
Bad Genetics: You have a family history of deaths before age 65 from natural causes (any parent or grandparent).	-10	_____
Insomnia: You are insufficiently rested to have enough energy during the day, yet cannot sleep effectively at night.	-20	_____
Bad Diet: Your diet is unbalanced because you eat too many junk foods. You also qualify if you go on fad diets that allow some, but not all of the recommended food categories.	-30	_____
Obesity, Bulimia, or Anorexia: You are 10 percent or more over or under the weight at which you look your best in a bathing suit.	-40	_____
Unrealistic Goals: You continually fail to meet goals you've set for yourself.	-50	_____
"Poisons": You take drugs, including: prescriptions such as tranquilizers or anti-depressants, store drugs, too much caffeine or too much alcohol in order to get through the day.	-60	_____
Smoking: You use tobacco in any form (for example, cigarettes, cigars, pipe, or snuff) and in any amount.	-70	_____
Wrong Job: You find your career boring or downright unpleasant. You love weekends and holidays, but dread going back to work.	-80	_____
Financial Distress: You can't support your current lifestyle and pay your debts, as well as maintain some savings for the future.	-90	_____
Unstable Home and Personal Life: You do not get along with family members and/or close friends. Also assign yourself this score if you see yourself as "lonely" or as having many superficial friends and bouncing from one meaningless relationship to another.	-100	_____
Your Total	-550	_____

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Strong Choices	Value	Your Score
Good Genetics: You have "chosen" your ancestors well; all parents and grandparents have lived past 65 years.	+10	_____
Sense of Humor: You can laugh <i>with</i> others, and <i>at</i> yourself.	+20	_____
The Right Diet: You eat a balanced diet, including the right number of calories to maintain your ideal body weight.	+30	_____
Alternate Activity: You have a balance of physical and intellectual activities in your life. You exercise at least three times a week, and strive to maintain tone and flexibility in your body.	+40	_____
Realistic Goals: You try to set clear, attainable goals regarding your work and your personal life.	+50	_____
Stress Skills: You know how to identify stress in your life and are aware of what is happening inside your body during times of stress.	+60	_____
Relaxation Skills: You sleep sufficiently well at night to have full energy levels during the day. If you become fatigued, you have the ability to take a refreshing nap.	+70	_____
Thorough Job Preparation: You are fully rehearsed and mentally prepared to handle the routine stresses at work. When unexpected job stresses hit, you have some contingency plans and skills in crisis management.	+80	_____
Financial Stability: You have the savings, insurance policies, and/or marketable job skills to protect yourself and your dependents should you lose your job.	+90	_____
Stable Home and Personal Life: You have an understanding confidant, a best friend, and a loving partner (even better if your spouse qualifies for all three). Your family and friends are supportive in good times and bad.	+100	_____
Your Total	+550	_____

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Results	Your Score
Enter total of Strong Choices	_____
Enter total of Weak Choices	_____
Add above two numbers for Stress Resistance Total	_____
Subtract your Holmes-Rahe Stress Score (found in Module IV)	_____
to get your Net Stress Score	_____

If you obtain a Net Stress Score of more than -300 (such as -350, -400), that indicates an 80 percent chance of serious change in your health. Consider yourself at RISK. Apparently the Weak Choices you make overshadow the Strong Choices you make and you have many Life Events which add more stress to your life. You are very vulnerable to developing serious Stress Exhaustion Symptoms. **Remember, even if you score well today, stress is dynamic, constantly changing. Review your position on the scale every six months.**