Food Safety Inspection Service

Wellness Training Program

Worksheet Eleven: Healthy Attitudes Quiz

Are You Stress-Resistant? This quiz is a quick measure of your ability to resist stress through the use of healthy coping skills.

Instructions: Enter 0 if the statement is definitely not true for you
1 if it is usually not true
2 if it is somewhat true
3 if it is definitely true

1. _____ When I work hard, it makes a difference.
2. _____ Getting out of bed in the morning is easy for me.
3. _____ I have the freedom I want and need.
4. _____ At times, I've sacrificed for an exciting opportunity.
5. _____ Sticking to my routine is not important to me.
6. _____ I vote because I think it makes a difference.
7. _____ You make your own lucky breaks.
8. _____ I agree with the goals of my boss and my Agency.
9. _____ I've been "lucky in love" because I try to be a loving person.
10. _____ I believe I get what I give. But I don't "keep score."
11. _____ It's important for me to try new things.
12. _____ Free time is a gift I really enjoy.
13. _____ I work hard, and I'm paid fairly.
14. _____ My family is a great pleasure to me.
15. _____ I speak up for what I believe in.

The toal of your scores for #1, 6, 7, 9 and 13 is your **Stress Management** score:
The higher it is, the more control you feel you have over your own life,
and the better you are able to manage your stresses.

Total _____

The total of your scores for #2, 3, 8, 10 and 14 is your **commitment** score:
The higher it is, the more you are committed to and enjoy your life.

Total _____

The total of your scores for #4, 5, 11, 12 and 15 is your **risk** score:
The higher it is, the more willing you are to take risks.

Total _____

Grand Total _____

If your Grand Total Score is:

35 or above: You are very resistant to stress, your positive attitudes help you --- Congratulations!

27 or 34: You are somewhat resistant but could be more so; look at each item, and choose a few to work on.

18 or 26: You need to look at your habits and attitudes to improve your resistance to stress; go through the statements above, and pick one to improve each month.

Under 18: If stresses get serious, you could be in trouble; take time **now** to change your habits and attitudes; you may want to ask a professional counselor for ways to develop more control, commitment, and healthy risk-taking in your life.

There are various ways to increase your stress resistance. These methods may not make you bullet-proof to stress, but they do increase your ability to withstand various stressors on your job or in your personal life. **Stress resistance can be increased by maintaining healthy attitudes (such as control, commitment, and healthy risk-taking), by learning how to create muscular relaxation, and learning how to create emotional relaxation.**

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