


Stress Hardiness

**Health Promotion Program
Navy & Marine Corps Public Health Center**



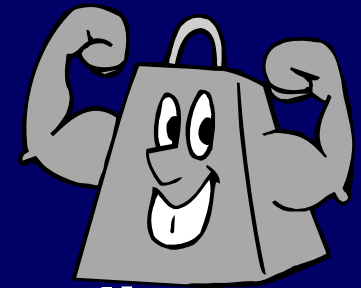
Hardiness

- ❑ **Some individuals are able to deal and cope with stress better than others!**
 - ❑ **Hardiness is the ability to deal effectively with stress**
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Hardiness

- **Can become tougher and stress hardy through encountering stress, coping and learning from experiences!**
- **We all can enhance stress hardiness skills!**





Key Components of Hardiness

- ❑ **Control**
- ❑ **Challenge**
- ❑ **Commitment**

How to improve Stress Toughness



Control

- ❑ **Belief that person has control over their life**
 - ❑ **Can manage any problem that they face**
 - ❑ **Outlook is positive!**
 - ❑ **Feeling in control helps to decrease stress!**
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Challenge

- ❑ **View life as a challenge**
- ❑ **Do not see as a threat or a endless group of problems...**
- ❑ **Seek & take on challenges**
- ❑ **Believe will learn from challenging experiences!**

Ways to improve Stress Hardiness!



Commitment

- **Have a mission!**
- **Committed to what they do!**
- **Belief that what they are doing is meaningful, purposeful & right!**





Improving Hardiness

- ❑ **Respond appropriately to change.**
 - ❑ **Assess how you react to changes and to stress.**
 - ❑ **Remember that not all types of change is negative!**
 - ❑ **Downplay & minimize the effects of change through exploring the consequences of change**
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Enhancing Hardiness

- ❑ **Change your Self- Talk!**
 - ❑ **Watch and monitor what you say to yourself**
 - ❑ **Often when we write our thoughts down they seem to be illogical, incorrect, harmful or silly!**
 - ❑ **Modify interpretation and meaning of self-talk so that it is not negative**
 - ❑ **Switch your inner voice from I can't... to I Can Handle It!!**
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Self-Talk Tip

**Things are neither good or bad,
But thinking makes them so.**

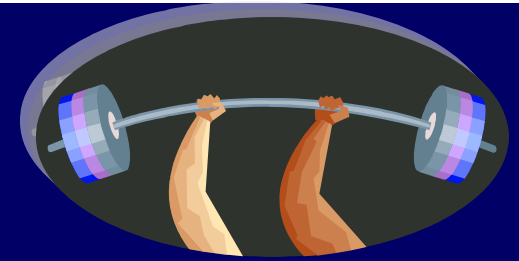
-Shakespeare



Practice Relaxation Skills

- Relaxation Strategies used to reduce stress and to relax improve toughness!
 - They allow time to regroup, recharge and to reduce physical, and mental responses to stress
 - Relaxation techniques include-
Muscle Relaxation, Breathing, Imagery, Visualization, Meditation, Prayer...
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Get Fit!

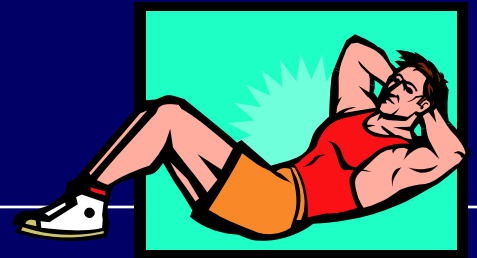


- **Staying & maintaining physical fitness is a great stress buster!**
- **Keep your body tuned up and ready to go!**
- **Helps to buffer and immunize against the effects of stress!**



Practice Hardiness

- ❑ Face tough situations & handle the distress!
- ❑ Practice the coping skills of-
healthy response to stress, positive
self-talk, relaxation strategies, view as
challenge & belief that will be okay!
- ❑ See self as stress hardy!





Stress Reduction Tip

Don't sweat the small stuff!

It's almost all small stuff!

-Dr Richard Carlson



Stress Hardy Plan

- What is your plan to improve your Toughness and Stress Hardiness?
 - When will you start to get tougher?
 - How will you improve your hardiness?
 - Where will you practice?
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Hardiness

- **View self as in Charge, in Control and Positively Challenged!**
- **Look at your aggravations and hassles as a Quiz on how well you are handling stress!**

