Stress Hardiness

Health Promotion Wellness 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
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!
Challenge

- View life as a challenge
- Do not see as a threat or a endless group of problems...
- Seek and 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 and 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 and minimize the effects of change through exploring the consequences of change.
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 or harmful
- Modify interpretation and the meaning of self-talk so that it is not negative
- Switch your inner voice from I can’t to - I Can Handle It!
Self-Talk Tip

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

-Shakespeare
Practice Relaxation Skills

- Relaxation Strategies are used to reduce stress, to relax and improve toughness!

- They allow time to regroup, recharge and reduce the physical and mental responses to stress

- Relaxation techniques include - Muscle Relaxation, Breathing, Imagery, Visualization, Meditation, Prayer...
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 and handle the distress!
- Practice the coping skills of healthy response to stress, positive self-talk, relaxation strategies, view as challenge and 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?
Hardiness

- View self as in Charge, in Control and as Positively Challenged!

- Look at your aggravations and hassles as a Quiz on how well you are handling stress!