Will handle stress like type A or B – depends on situation

HARDY Personality
A personality type that remains healthy despite experiencing major stressors
Have a higher degree of resilience
People with a hardy personality share three important characteristics
- Changes: likes and welcomes changes, viewing it as an opportunity for growth
- Commitment: has a strong sense of purpose and is committed to people, activities, and principles that bring meaning to her or his life.
- Control: has a sense of power about his/her life and feels some influence over what happens, taking action when possible. This person also recognizes that some things cannot be changed.

Stress and Personality
Optimist – Person who focuses on positive
Pessimist – Person who focuses on negative
Perfectionist
- is a person who accepts nothing less than excellence.
  - Ex: Appearance, work, school
- Are never satisfied
- High level of stress
- Typically pretty successful

Resilience
Is the ability to recover from extreme or prolonged stress
- “bounce back”
People with strong resilience
- Know strengths and have a confidence in abilities
- Make realistic plans
- Able to recognize and control feelings
- They recognize change is part of life and are able to put changes in perspective
Personality types and characteristics

Type A:
- Rushed and Competitive
- High Standards
  - Failure can cause them to become angry, frustrated, hostile
  - Aggressive, time-conscious, very ambitious, perfectionists, compulsive, easily angered, and meticulous.

Type B:
- Clam
- Less competitive
- Some have difficulty facing challenges
  - May cope by ignoring stressor
  - Can lead them to miss opportunities
  - Nonchalant, casual about appointments, and live a sedentary lifestyle.

Hardy:
- A personality type that remains healthy despite experiencing major stressors
- Have a higher degree of resilience
- People with a hardy personality have three important characteristics
  - Changes: likes and welcomes change, viewing it as an opportunity for growth
  - Commitment: has a strong sense of purpose and is committed to people, activities, and principles that bring meaning to her or his life.
  - Control: has a sense of power about his/her life and feels some influence over what happens, taking action when possible. This person also recognizes that some things cannot be changed.

Type AB Personality
- Type “AB” personality – a combination of both personality types