

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:

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### Type AB Personality

- Type "AB" personality - a combination of both personality types

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