



Resilience test

“In a Nutshell”



NOSS
Network of Staff
Supporters Ltd

Rate yourself on the scale below. For each of the questions choose the number from 0-5 that shows how you have felt during the last 3 months.

| | | | | | | | |
|---|---|---|---|---|---|---|-------------|
| 1. Do you get tired easy ~ Do you feel worn out? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 2. Do you get upset when people tell you “You don’t look so good lately” | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 3. Are you working harder and harder and feel like you’re getting nothing done? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 4. Are you more sarcastic and disappointed in the world around you? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 5. Are you sad and don’t know why? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 6. Are you more forgetful? (Missing appointments, losing things...) | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 7. Are you grumpy? Are you short tempered? Do you expect too much from the people around you? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 8. Are you spending less time with your friends and family? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 9. Are you too busy to do everyday things? (Make a phone call, send Birthday Cards...) | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |

| | | | | | | | |
|--|---|---|---|---|---|---|-------------|
| 10. Do you always feel bad or are you sick all the time? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 11. Do you feel confused at the end of the day? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 12. Do you have trouble feeling happy? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 13. Are you unable to laugh at the end of the day? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 14. Does sex seem like more trouble than it is worth? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |
| 15. Do you have very little to say to people? | | | | | | | |
| No Change | 0 | 1 | 2 | 3 | 4 | 5 | Much Change |

Your score is:

| | |
|--------------|------------------------------------|
| Scores 0-25 | You are doing fine |
| Scores 26-35 | Watch out you are at risk |
| Scores 36-50 | Your resilience is very low |
| Scores 51-65 | Little or no resilience |
| Scores 65+ | No resilience – You are burnt out. |