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|  | Resilience: feeling |

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| --- | --- | --- | --- | --- | --- | --- |
|  | Please select your situation in the recent week | No | Rather little | Average | Rather a lot | Very much |
|  | Even in a difficult environment, you could still face it positively. | 1 | 2 | 3 | 4 | 5 |
|  | Feeling calm under pressure | 1 | 2 | 3 | 4 | 5 |
|  | Still liking yourselfmyself when making mistakes under pressure | 1 | 2 | 3 | 4 | 5 |
|  | Even if you were frustrated, you could recover quickly | 1 | 2 | 3 | 4 | 5 |
|  | Still being able to stay calm when facing tremendous pressure | 1 | 2 | 3 | 4 | 5 |
|  | Keeping calm even in a terrible environment | 1 | 2 | 3 | 4 | 5 |
|  | Having difficulty to face adversities | 1 | 2 | 3 | 4 | 5 |
|  | Feeling anxious when in a stressful environment | 1 | 2 | 3 | 4 | 5 |