Self-Assessment of Resilience and Anxiety Scale (SARA)

Indicate how accurately each of the following statements describes you as you have been during the last week:

1. My body feels relaxed.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely

2. I feel calm.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely

3. My thoughts are focused.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely

4. I feel confident.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely

5. I am free of worries.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely

6. I feel sociable.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely

7. I do not avoid things because of fear.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely

8. I can bounce back after a stress or disappointment.
   - not at all
   - a little bit
   - somewhat
   - very much
   - extremely