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education is a

comprehensive

approach to

managing stressful

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Maddi et al., 1998,

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Khoshaba and Maddi, 2008).
Operationally, the hardiness educational intervention was a 5-week course of 1-hour hardiness instruction each week (Khoshaba and Maddi, 2008).
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The workbook
reference is
Khoshaba, d.M., &

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Maddi, S.R. (2004)
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(This workbook is
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problem solving
approach in which
you fix stressful
situations by
thinking through to
broaden your

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perspective and
deepen your
understanding. You
then take this
perspective and
understanding you
have gained and
develop an action
plan and take
decisive action to
transform your
stressful situation.

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