

HOW VULNERABLE ARE YOU TO STRESS?

Mark from 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

- ___ 1. I eat at least one hot, balanced meal a day.
- ___ 2. I get 7 to 8 hours of sleep at least 4 nights a week.
- ___ 3. I give and receive affection regularly.
- ___ 4. I have at least one relative within 50 miles on whom I can rely.
- ___ 5. I exercise to the point of perspiration at least twice a week.
- ___ 6. I smoke less than half a pack of cigarettes a day.
- ___ 7. I take fewer than five alcoholic drinks a week.
- ___ 8. I am the appropriate weight for my height.
- ___ 9. I have an income adequate to meet my basic expenses.
- ___ 10. I get strength from my religious beliefs.
- ___ 11. I regularly attend club or social activities.
- ___ 12. I have a network of friends and acquaintances.
- ___ 13. I have one or more friends to confide in about personal matters.
- ___ 14. I am in good health (including eyesight, hearing, teeth).
- ___ 15. I am able to speak openly about my feelings when angry or worried.
- ___ 16. I have regular conversations with the people I live with about domestic problems, e.g., chores, money, and daily living issues.
- ___ 17. I do something for fun at least once a week.
- ___ 18. I am able to organize my time effectively.
- ___ 19. I drink fewer than three cups of coffee (or tea or cola) a day.
- ___ 20. I take quiet time for myself during the day.

___ SUBTOTAL - 20 = ___ TOTAL

To get your score, add up the figures. Then, subtract 20. Any number over 5 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 25 and 55, and extremely vulnerable if your score is over 55.
