HOW VULNERABLE ARE YOU TO STRESS?

Complete the following survey using the scoring below.

(1) Always   (2) Almost Always   (3) Sometimes   (4) Almost Never   (5) Never

1. I eat at least one hot, balance meal a day.
2. I get seven to eight hours of sleep at least four 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 basic expenses.
10. I get strength from my religious beliefs.
11. I regularly attend clubs 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, and teeth).
15. I am able to speak about my feeling 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 drinks) a day.
20. I take quiet time for myself a day.

_______ Total Score

Interpretation: Add the score and subtract 20.

0-24: Slightly vulnerable.
50-75: Seriously vulnerable.
Above 75: Extremely vulnerable.