

# SELF-ASSESSMENT: STRESS VULNERABILITY

RATE EACH AS FOLLOWS: 1. ALWAYS | 2. ALMOST ALWAYS | 3. SOMETIMES | 4. ALMOST NEVER | 5. NEVER

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

\_\_\_\_\_ SUBTOTAL      To find your score: Add up the subtotal, subtract 20

Over 30	Moderate vulnerability to stress
50-75	Seriously vulnerable to stress
75+	Extremely vulnerable to stress

*Assessment From: The Stress Audit by Lyle H. Miller Ph.D., and Alma Dell Smith, PhD.*

\*Note from us: This is just a starting point for self-assessing areas of vulnerability. Physical abilities and "healthy/appropriate weight" are different for each individual. Please assess the personal impact on you according to your own situation.