How Vulnerable Are You To Stress?

Score each item from “1” to “5” as it applies to you.

1 = Almost Always
2 = Frequently
3 = Sometimes
4 = Hardly Ever
5 = Never

1. I eat at least one hot, balanced meal a day.
2. I get seven to eight hours 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 don’t smoke.
7. I take fewer than 5 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 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 3 soft drinks a day.
20. I take quiet time for myself during the day.

TOTAL SCORE

To get your score, add up the figures and subtract 20. Any number over 30 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 50 and 75, and extremely vulnerable if it is over 75. If your score is below 20 consider yourself stress resistant. Congratulations!!

If your score is over 50, what kind of changes do you want to make? Remember your mother’s recipe for health: three nutritious meals a day, getting 7-8 hours of sleep at night, regular exercise and no smoking. These simple, but important ways of caring for your body make you stronger emotionally as well. To mother’s recipe add a relaxing activity daily, either a formal one like meditation or progressive muscle relation, or informal, like listening to soothing music. Combine with a supportive social life that includes time for home and loving conversations with friends or family, and you will be able to bounce back from most of life’s hassles.

For more help with stress, contact your Employee Assistance Program at 683-5657 or 1-800-880-5658.