

How Vulnerable Are You to Stress?

[Patient ID]

Pre Date/Time _____ *Post* Date/Time _____

Understanding your vulnerability to stress means that you can develop coping techniques or make lifestyle changes that reduce the negative effects of stress to your health. Seeing how vulnerable you are to stress is like taking a look at how healthy your immune system is. Can you throw off the occasional virus or do you catch every illness going around? Are you coping with the problems in your life or are you collapsing under the weight of life's problems? What is your body telling you?

Score each item according to how much of the time each statement applies to you using the following options:

1 - Almost always **2 - Often** **3 - Sometimes** **4 - Seldom** **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 smoke less than half a pack of cigarettes a day. *****(*1 if non-smoker or NA*)**
- _____ 7. I take fewer than five alcoholic drinks a week. *****(*1 if non-drinker or NA*)**
- _____ 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, and 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 drinks) a day.
- _____ 20. I take quiet time for myself during the day.

Scoring

To get your score, add up the figures and subtract 20. Your total _____ - 20 = _____.

A score over 30 indicates a vulnerability to stress.

A score between 50 and 75 indicates that you are seriously vulnerable to stress.

A score over 75 indicates extreme vulnerability to stress.