HOW VULNERABLE ARE YOU TO STRESS?

The following test is a modification of one developed by psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center. Mark each item with a “Y” if in general this statement is true for you, or an “N” if generally this item is not true for you.

_____ 1. I eat at least one hot, balanced 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 do not use tobacco products on a regular basis.
_____ 7. I drink fewer than five (four if female) alcoholic beverages 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, and teeth).
_____ 15. I am able to speak about my feelings when angry or worried.
_____ 16. I have regular conversations with the people I live with about domestic tasks and 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 caffeinated beverages (coffee, tea, energy drinks, or soft drinks) a day.
_____ 20. I take quiet time for myself during the day.

The more “N’s” on your test, the more vulnerable you are to stress. The “N” responses tell you what areas to work on most to try to reduce overall stress levels.