

How Vulnerable Are You to Stress?

The following test was developed by Psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center. Score each item from 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

- __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.
- __7. I drink 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 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 cola drinks) a day.
- __20. I take quiet time for myself during the day.

___ TOTAL

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.