

Vulnerability to Stress Scale

The following are some factors which have been found to influence your ability to deal with stress. A common aspect of each item is “Be good to yourself.” Circle a number from 1 (almost always) to 5 (never) according to how much of the time an item is true of you.

	<u>Almost Always (1)-----Never (5)</u>				
1. I eat at least one hot, balanced meal per day.	1	2	3	4	5
2. I get 7 to 8 hours of sleep at least 4 nights per week.	1	2	3	4	5
3. I give and receive affection regularly.	1	2	3	4	5
4. I have at least one relative within 50 miles on whom I can rely.	1	2	3	4	5
5. I exercise to the point of perspiration at least twice per week.	1	2	3	4	5
6. I smoke less than half a pack of cigarettes per day.	1	2	3	4	5
7. I take fewer than 3 alcoholic drinks per week.	1	2	3	4	5
8. I am the appropriate weight for my height.	1	2	3	4	5
9. I have income adequate to meet basic expenses.	1	2	3	4	5
10. I get strength from my spiritual beliefs.	1	2	3	4	5
11. I regularly attend club or social activities.	1	2	3	4	5
12. I have a network of friends and acquaintances.	1	2	3	4	5
13. I have one or more friends to confide in about personal matters.	1	2	3	4	5
14. I am in good health (including eyesight, hearing, teeth).	1	2	3	4	5
15. I am able to speak openly about my feelings when angry or worried.	1	2	3	4	5
16. I have regular conversations with the people I live with.	1	2	3	4	5
17. I do something for fun at least once per week.	1	2	3	4	5
18. I am able to organize my time effectively.	1	2	3	4	5
19. I drink less than 3 cups of coffee (or tea or cola drinks) per day.	1	2	3	4	5
20. I take quiet time for myself during the day.	1	2	3	4	5

Vulnerability to Stress Score (total score for items 1-20) = _____

Scoring Key:

- Less than 30 = You are in a very good position to weather stressful experiences
- 30 to 50 = You are about average, with room for improvement
- 51 to 79 = You are vulnerable to stress-related problem and would highly benefit from using stress management techniques
- More than 80 = You are a highly vulnerable to stress and should seriously consider making some changes in your daily life to more effectively manage stress