# Stress Management

How Vulnerable are You to Stress?

Mark from a range of 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

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| --- | --- |
| Number | Behaviors that Help Manage Stress |
|  | I eat at least one hot, balanced meal a day. |
|  | I get 7-8 hours of sleep at least 4 nights per week. |
|  | I give and receive affection regularly. |
|  | I have at least one family member within 50 miles on whom I can rely. |
|  | I exercise to the point of breaking a sweat at least twice per week. |
|  | I smoke less than a half a pack of cigarettes a day. |
|  | I take fewer than 5 alcoholic drinks a week. |
|  | My weight is appropriate for my height. |
|  | I have an income that meets my basic expenses. |
|  | I get strength from my spiritual beliefs. |
|  | I regularly attend club or social activities. |
|  | I have a network of good friends and acquaintances. |
|  | I have one or more friends to confide in about personal matters. |
|  | I am in good health. |
|  | I am able to speak openly about my feelings when angry or worried. |
|  | I do something fun at least one time per week. |
|  | I am able to talk with the people I live with about domestic issues. |
|  | I am able to organize my time effectively. |
|  | I take quiet/relaxation time for myself during the day. |
|  | I drink fewer than 3 cups of caffeinated drinks per day. |

Subtotal \_\_\_\_\_\_\_ - 20 = \_\_\_\_\_\_\_ Total

Add your score. Then, subtract 20. Any number over 5 indicates a vulnerability to stress. Scores between 25-55 indicate that you are seriously vulnerable to stress. If your score is over 55 you may be extremely vulnerable to stress.

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