



CLASS 4 | DE-STRESS YOURSELF WORKSHEET

How Vulnerable Are You to Stress?

Psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center developed this scale to assess a person's tendency to feel stress.

DIRECTIONS: Read the statements below. Next, indicate the degree to which the statement is true for you by selecting one of the scores below. Enter that score into the score area following the statement:

1: ALMOST ALWAYS 2: FREQUENTLY 3: SOMETIMES 4: RARELY 5: NEVER

<u>STATEMENT</u>	<u>SCORE</u>
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 smoke at least 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 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).	_____

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15. I am able to speak openly about my feelings when angry or worried. _____

(How Vulnerable Are You to Stress Scale, cont.)

1: ALMOST ALWAYS 2: FREQUENTLY 3: SOMETIMES 4: RARELY 5: NEVER

16. I have regular conversations with people I live with about domestic problems (i.e. money, chores, 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, 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.

TOTAL SCORE: _____

-20

FINAL SCORE: _____

Interpreting Your Final Score

- **0-30:** You have a balanced lifestyle that reduces your vulnerability to stress.
- **31-50:** You have some vulnerability to stress. Think about making some changes to boost your stress buffer.
- **51-75:** You are seriously vulnerable to stress. Time for some serious thinking about ways you can de-stress your lifestyle.
- **75+:** You are extremely vulnerable to stress. Use this as a wake-up call to revamp your lifestyle and reduce your stress risk.

RESOURCES



Accessed 10-22-2014: http://www.mckinley.illinois.edu/handouts/how_vulnerable_to_stress.html