

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 take 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 I'm angry or worried.
- ___16. I have regular conversations with the people I live with about domestic problems such as 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 50–75, and **extremely vulnerable** if it is over 75.