



## How Vulnerable Are You to ≡ **STRESS?** ≡

The following test was adapted 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 of sleep at least four nights per 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 per 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 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) per 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.

Need some **STRESS MANAGEMENT IDEAS**? See the other side!



## ***Try these great Stress Management Ideas!***



*Here are some techniques for handling stress from leading stress researchers:*

1. Learn to use leisure activities to relieve stress.
2. Practice worry control. It can be done!
3. If a particular worry keeps nagging you, ask yourself "What is the worst that can happen?"
4. Set priorities. This helps you to feel more in control!
5. Remind yourself that some things are worth doing *poorly*. What is REALLY important to you?
6. Put your money where your time is, if possible. Pay someone to do that time-consuming chore.
7. Set aside some self-indulgence time every day. Consider that time, even if only 15 minutes, as important as other daily duties.
8. Don't overstress yourself by adding more *change* to your life unless that change is supportive to your stress level.
9. Try to minimize hassles in your life by revamping attitudes. Again, what is REALLY important to you?
10. Pay attention to your uplifts, the small, ordinary things that can make you feel good. Make a list of "little joys" and plug them in to balance the hassles.
11. After weathering a tense situation, try to analyze the way you coped. Build your awareness about what works to support you and what doesn't.
12. Try to listen to what you're telling yourself when struggling with a problem. What is your "self talk"? What is the REAL issue?
13. Remind yourself that not everyone has to like you. At times it is vital to be able to do without the good opinion of others. Only children need constant love as they're so vulnerable to and dependent upon the adult world for sustenance.
14. Try exercising regularly! It can help to rid the body of harmful stress hormones and take the edge off anxiety. It helps you to better withstand stress.
15. Take control of your life in a new way. Learn something. Finish something.
16. Consider getting outside help, especially if you have stress-related symptoms.
17. If your busy world has separated you from your spiritual ties, take some time out to restore these ties.
18. Have some fun!