

## Exercise # 2 - Vulnerability to Stress Scale

Certain aspects of our habits, our lifestyles, and our environments can make each of us more or less vulnerable to the negative effects of stress. How vulnerable are YOU to stress?

Complete the assessment and calculate your score. What surprises you? What doesn't? Hold on! We'll talk.

Components and variables	Almost always <b>0 points</b>	Usually <b>1 point</b>	Sometimes <b>2 points</b>	Seldom <b>3 points</b>	Never <b>4 points</b>
1. I eat at least one hot, balanced meal a day.					
2. I get 7-8 hours of sleep, at least 4 nights a week.					
3. I give and receive affection regularly.					
4. I have at least 1 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 (non-smokers = almost always).					
7. I drink fewer than 5 alcoholic drinks a week. (non-drinkers = almost always).					
8. I am the appropriate weight for my height.					
9. I have an income adequate to meet my basic needs.					
10. I get strength from my religious/spiritual beliefs.					
11. I regularly attend club or social activities.					
12. I have a network of friends and acquaintances.					
13. I have at least 1 friend in whom I confide about personal matters.					
14. I am in good health (including eyesight, hearing, teeth, etc.).					
15. I am able to speak openly about my feelings when angry or worried.					
16. I have regular conversations with my housemates about domestic problems.					
17. I do something fun at least once a week.					
18. I am able to organize my time effectively.					
19. I drink fewer than 3 caffeine drinks a day.					
20. I take quiet time for myself during the day.					

**YOUR SCORE**

- 0-10    excellent resistance to the vulnerability of stress
- 11-29    little vulnerability to stress
- 30-49    some vulnerability to stress
- 50-74    serious vulnerability
- 75-80    extreme vulnerability