

# 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 the following scale.

- |  | Almost Always | Frequently | Sometimes | Seldom | Never |
|--|---------------|------------|-----------|--------|-------|
|  | 1             | 2          | 3         | 4      | 5     |
- 
- \_\_\_ 1. I eat at least one hot, balanced meal a day.
  - \_\_\_ 2. I get 7 to 8 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 do not smoke or smoke less than half a pack of cigarettes a day. *(Use a 1 if you don't smoke.)*
  - \_\_\_ 7. I do not drink or drink fewer than five alcoholic drinks a week. *(Use a 1 if you don't drink.)*
  - \_\_\_ 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, (chores, money & 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 do not drink or 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 and 75, and extremely vulnerable if it is over 75.



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