

Test Your Stress Resistance

Your daily habits and personal characteristics greatly affect the way you tolerate stress. Factors such as diet, exercise, smoking, and many other personal features can increase or decrease your resistance to stress. This test takes many of these into account, and can help you assess how effective you are at protecting yourself from stress, or whether you "invite it in".

Almost always = 1 point Fairly often = 2 points Sometimes = 3 points
Rarely = 4 points Never = 5 points

1. _____ I eat a least one hot, balanced meal a day.
2. _____ I sleep 7 to 8 hours at least 4 nights a week.
3. _____ I give and receive affection regularly.
4. _____ I have a 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 fewer than 10 cigarettes a day.
7. _____ I consume fewer than 5 alcoholic drinks a week.
8. _____ I am the appropriate weight for my height.
9. _____ I have an income adequate to meet my basic expenses.
10. _____ I get strength from my religious beliefs.
11. _____ I regularly engage in social activities or attend a club.
12. _____ I have a network of friends and acquaintances.

Stress Resistance Cont.

11. _____ I have one or more friends to confide in about personal matters.

12. _____ I am in good health (including eyesight, hearing, dental).

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

14. _____ I communicate regularly with the people I live with about chores, money, and issues of daily living.

15. _____ I do something for fun at least once a week.

16. _____ I am able to organize my time effectively.

17. _____ I drink fewer than 3 cups of caffeine-containing beverages a day.

18. _____ I take quiet time for myself each day.

Total _____ minus 20 = _____

To determine your score, add all points and subtract 20 (Ex. 87-20 = 67)
This is your level of stress susceptibility.

1-30 = Congratulations! You are doing a good job of protecting yourself from the effects of stress in your life.

31-40 = You have some vulnerability to stress.

41-50 = You are pretty vulnerable to the stressors in your life.

51-75 = You are seriously vulnerable to stress and need to find ways to reduce your susceptibility.

75+ = You need to take immediate measures/action to protect yourself from stress.

There are many ways to increase your resistance to stress. Look over your questionnaire to see which areas, if strengthened, could give you added protection against the health risks of excessive stress.