

Stress Self Assessment

Rate each item from, 1 (almost always) to 5 (never), according to how much of the time the statement is true for you. Be sure to mark each item, even if it seems to not apply to you-for example, if you don't smoke, check off 1 next to item 6.

	Almost Always			Never	
	1	2	3	4	5
1) I eat at least one hot, balanced meal a day.	1	2	3	4	5
2) I get at least 7 to 8 hrs. of sleep at least 4 nights a week.	1	2	3	4	5
3) I give and receive affection regularly.	1	2	3	4	5
4) I have at least 1 relative within 50 miles on whom I can rely.	1	2	3	4	5
5) I exercise to the point of perspiration at least twice a week.	1	2	3	4	5
6) I smoke less than half a pack of cigarettes a day.	1	2	3	4	5
7) I have fewer than five alcoholic drinks a week.	1	2	3	4	5
8) I am the appropriate weight for my height.	1	2	3	4	5
9) I have an income adequate to meet basic needs.	1	2	3	4	5
10) I get strength from my religious beliefs.	1	2	3	4	5
11) I regularly attend club or social activities.	1	2	3	4	5
12) I have a network of friends and acquaintances.	1	2	3	4	5
13) I have one or more friends to confide in about personal matters.	1	2	3	4	5
14) I am in good health (including eyesight, hearing, teeth).	1	2	3	4	5
15) I am able to speak openly about my feelings when angry or worried.	1	2	3	4	5
16) I have regular conversations with the people with whom I live regarding domestic problems, such as chores, money, etc.	1	2	3	4	5
17) I do something for fun at least once a week.	1	2	3	4	5
18) I am able to organize my time effectively.	1	2	3	4	5
19) I drink fewer than three cups of coffee (or other caffeine-rich drinks) a day.	1	2	3	4	5
20) I take some quiet time for myself during the day.	1	2	3	4	5

Scoring:

Subtotal _____ - 20 = Total Score _____

To get your total score, add up the figures and subtract 20. A score below 10 indicates excellent resistance to stress. 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.

How to Lower Your Score (Without an eraser)

You can make yourself less vulnerable to stress by reviewing the items on which you scored 3 or higher and trying to modify them. Notice that nearly all of them describe situations and behaviors over which you have a great deal of control. Concentrate first on those that are easier to change-for example, eating a hot, balanced meal daily and having fun at least once a week-before tackling those that seem more difficult.

Adapted from: University of California, Berkley Wellness Letter.

Contact HelpPeople Employee Assistance Program at 470-7447 for more information or an appointment.

All calls are confidential