

SA-2. How Vulnerable Are You To Stress?¹³

Instructions: Rate each item from 1 (always) to 5 (never), according to how much of the time the statement is true of you. Be sure to mark each item, even if it does not apply to you - for example, if you don't smoke, circle 1 next to item six.

| | Always | | Sometimes | | Never |
|---|--------|---|-----------|---|-------|
| 1. I eat at least one hot, balanced meal a day. | 1 | 2 | 3 | 4 | 5 |
| 2. I get 7-8 hours of sleep at least four 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 one 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 limit myself to less than half a pack of cigarettes a day. | 1 | 2 | 3 | 4 | 5 |
| 7. I take fewer than five alcohol 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 expenses. | 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 eye-sight, hearing, and 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 I live with about domestic problems - for example, chores and money. | 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 |

¹³ University of California, Berkeley Wellness Letter, August 1985. Scale Developers: Lyle Miller and Alma Dell Smith of Boston University Medical Center.

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| <p>Scoring Instructions:</p> <p>To calculate your score, add up the figures and subtract 20.</p> <p>Total score _____ - 20 = _____</p> | <p>When creating your Self Care Plan</p> <ul style="list-style-type: none"> ◆ Notice that nearly all the items describe situations and behaviors over which you have a great deal of control. ◆ Review the items on which you scored three or higher. ◆ Consider those items for your self-care plan. ◆ Concentrate first on those that are easiest 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. ◆ If useful, fine tune your results using the table below.¹⁴ ◆ Remember to celebrate your accomplishments along the way! |
| <p>Score Interpretation:</p> <ul style="list-style-type: none"> ✓ A score below 10 indicates excellent resistance to stress. ✓ A score over 30 indicates some vulnerability to stress; ✓ A score over 50 indicates serious vulnerability to stress. <p>If your score falls between defined ranges, use the defined range closest to your score when you enter it on your Score Pattern Analysis worksheet.</p> | |

To fine tune awareness of your areas of strength and vulnerability, average the scores for items as indicated below. You may choose to focus your self-care goals on areas in which average scores equal 3 or higher.

| Category | Items | Average Score |
|--------------------------------|-------|---------------|
| Rest and Exercise | 2 | |
| | 5 | |
| | 20 | |
| Finances and Time Management | 9 | |
| | 18 | |
| Leisure & Lifestyle | 10 | |
| | 11 | |
| | 17 | |
| Social Support & Communication | 3 | |
| | 4 | |
| | 12 | |
| | 13 | |
| | 15 | |
| Nutrition | 16 | |
| | 1 | |
| | 7 | |
| Health & Fitness | 19 | |
| | 6 | |
| | 8 | |
| | 14 | |

¹⁴ This activity was created by Figley Institute for self-care planning purposes.