

Name: _____ Per: _____ Date: _____

Stress Vulnerability Survey:

Adapted from: <http://www.ag.ndsu.edu/pubs/yf/famsci/fs573w.htm>

Score each item according to the scale below. There are no right or wrong answers...

1 = almost always

2 = pretty often

3 = sometimes

4 = hardly ever

5 = never

- ___ 1. I eat at least one hot, nutritious meal a day.
- ___ 2. I get 7 to 8 hours of sleep at least 4 days per week.
- ___ 3. I have people who I feel comfortable giving a hug to.
- ___ 4. I have at least one relative within 50 miles who I can count on, call, or get help from.
- ___ 5. I exercise to the point of sweating at least two times per week.
- ___ 6. I am comfortable with my weight.
- ___ 7. I have enough money to meet basic expenses and needs.
- ___ 8. I feel strengthened by my religious beliefs.
- ___ 9. I attend club or organized activities that meet at the same time every day or week, like youth group, lessons, etc., (not just "hanging out").
- ___ 10. I have several close friends or acquaintances.
- ___ 11. I have one or more friends to confide in about personal matters.
- ___ 12. I am basically in good health.
- ___ 13. I am able to speak openly about my feelings when angry or worried.
- ___ 14. I discuss problems about jobs, money, or daily living with the people I live with.
- ___ 15. I do something just for fun at least once a week.
- ___ 16. I am able to organize my time and do not feel too pressured.
- ___ 17. I drink one or less 20 oz. caffeine and less than 3 cups of coffee per per day. That means if you have more than one pop a day you say "**never.**"
- ___ 18. I allow myself quiet time at least once during the day to just slow down, listen listen to music, think about things, watch T.V., etc. Sleep not included.

Add up your score and write your total here: _____

TO SEE WHAT YOUR SCORE MEANS, LOOK ON THE BACKSIDE OF THIS PAGE...

HERE IS WHAT YOUR SCORE MEANS:

Less than 45 - You are not very vulnerable to stress right now

46 to 72 - You are pretty vulnerable to stress right now

over 72 - You are very vulnerable to stress right now

After the survey:

1. Circle your scores for the # 1, 2, 5, 6, 8, 9, 15, 16, 17, 18

In life, we cannot control everything. Sometimes our stressors can come from things we can't control. In this case, we need to find positive ways to relieve this stress. But, the numbers you circled above are all things you CAN control in your own life. Select one of the above circled items, and set a goal to do better in that area:

Write your goal here using this prompt:

I will _____
(choose 1 item your scored 3 or higher on) Be specific: How often, how long, how much, etc.