

How Vulnerable Are You to Stress?

The following survey looks at your coping strategies and may identify areas you can improve upon. Complete using the scoring below:

(1) Almost Always (2) Usually (3) Sometimes (4) Occasionally (5) Almost Never

	1. I eat at least one hot, balanced meal a day.
	2. I get seven to eight 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 smoke less than half a pack of cigarettes a day.
	7. I take fewer than five alcoholic drinks a week.
	8. I am the appropriate height for my weight.
	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 e.g. chores, money, and 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 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

- Total your score and subtract 20.
- 0-24 Slightly Vulnerable
 - 25-49 Somewhat Vulnerable
 - 50-75 Seriously Vulnerable
 - Over 75 Extremely Vulnerable

Your Employee Assistance Program
800.413.8008 #2 or 314.729.4600 #2
mbh-eap.com/members

Survey Developers: Lyle Miller and Alma Dell Smith of Boston University Medical Center