

## SA-2. How Vulnerable Are You To Stress?<sup>13</sup>

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

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

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

<sup>14</sup> This activity was created by Figley Institute for self-care planning purposes.