

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. (Answer (1) if you do smoke.)
7.	I take fewer than five alcoholic drinks a week. (Answer (1) if you do not drink.)
8.	I am the appropriate weight for my height.
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 SCORE	

To get your score, add up the figures and subtract 20. 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.