

Stress Vulnerability Test

There are a number of factors which affect your vulnerability to stress, such as eating and sleeping habits, caffeine and alcohol intake, and how we express our emotions. This questionnaire will help you detect your vulnerability to stress. 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 answer each item, even if it seems not to apply to you, for example, if you don't smoke, select "Always" for item 6.

| | | Always 1 | Usually 2 | Sometimes 3 | Rarely 4 | Never 5 |
|----|---|-------------|--------------|----------------|-------------|------------|
| 1. | I eat at least two hot, balanced meals per day | | | | | |
| 2 | I get 6-7 hours of sleep at least 5 nights per week | | | | | |
| 3 | I give and receive affection consistently | | | | | |
| 4 | I have at least one relative within 30 miles, on whom I can rely | | | | | |
| 5 | I exercise to the point of perspiration at least twice per week | | | | | |
| 6 | I limit myself to less than ½ pack of cigarettes per day | | | | | |
| 7 | I drink fewer than seven alcoholic drinks per week | | | | | |
| 8 | My weight is appropriate for my height | | | | | |
| 9 | I have an income adequate to meet my expenses | | | | | |
| 10 | I am emotionally encouraged by my spiritual beliefs | | | | | |
| 11 | I regularly attend club or social events | | | | | |
| 12 | I deal well with the crises/traumas in my life | | | | | |
| 13 | I have at least one friend I can confide in about personal matters | | | | | |
| 14 | My health is good | | | | | |
| 15 | I am able to speak openly about my feelings when angry, frustrated or worried | | | | | |
| 16 | I have regular conversations with the people I live with about issues | | | | | |
| 17 | I do something for fun at least twice per week | | | | | |
| 18 | I am organized and use my time effectively | | | | | |
| 19 | I drink fewer than three cups of coffee or other caffeine rich drinks per day | | | | | |
| 20 | I take at least 20 minutes of quiet time for myself each day | | | | | |
| | TOTAL | | | | | |

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Stress Vulnerability Test Scoring:

20-35: Stress Master

36-49: Stress Expert

50-75: Stress Novice

76-100: Stressed Out!

Stress Master (20-35)

Congratulations! You have an excellent resistance to stress. Looks like you're pretty knowledgeable about the negative effects of stress and proactively work to reduce it. Kudos to you! Your answers show you lead a healthy lifestyle and therefore are less vulnerable to stress. However, please note that even "Stress Masters" at some point may become vulnerable to stress and will need to take care of themselves. Products such as scented bath salts or aromatherapy diffusers using lavender and bergamot essential oils can be helpful in maintaining balance.

Stress Expert (36-49)

You have a good handle on stress however your answers indicate some lifestyle areas which make you more vulnerable to stress. For example, if you are not getting enough sleep or you seldom eat healthy meals your body will begin to tell you in physical ways to change. When our bodies are physically vulnerable to illness we are less likely to handle emotional stress. As emotional stress builds, our bodies begin to react to that stress with physical aches and pains. The "Stress Expert" will most definitely benefit from a daily stress reduction exercise such as deep breathing, guided imagery or aromatherapy. The most benefit is derived when all three are enjoyed together.

Stress Novice (50-75)

We are really glad you took this stress test. You are a "Stress Novice" which means your answers reveal a serious vulnerability to stress. Look back at your answers and pay special attention to the lifestyle questions you answered as "4" or "5" (rarely or never). The lifestyle questions individually answered "never" would not be so serious, however it looks like you have answered "rarely" or "never" to several and that adds up to trouble when stress hits you. You are in a position whereby you could be easily overwhelmed by the smallest stressor. Change is what you need as well as some serious self-pampering. To help you relax, we recommend regular bodywork treatments... aromatherapy... and maybe a guided imagery or a recording with nature's sounds to help you fall asleep.

Stressed Out! (76-100)

Looks like stress may be getting the best of you right now. Not to worry! You can turn things around! The first thing you need to do is look at the lifestyle questions you answered a "4" or "5" (rarely or never). You will want to consider making some changes in these areas. Your body is running on fumes and it may be ready to crash and burn. Your spirit may be in need of an emotional re-fueling. In addition to the lifestyle changes to help you decrease your vulnerability to stress we recommend developing an actual stress management plan. Your stress management plan might include going to a stress reduction seminar to learn more about stress as well as daily stress-reduction exercises. Also helpful would be relaxing to "sounds of nature" or enjoying regular bodywork treatments. Invest in your wellbeing today to reduce your vulnerability to stress – your body, mind and spirit will thank you for it!

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