

Stress Management: How Sensitive are You to Stress?¹

Academic Success Center Iowa State University

Directions

Score each item from 1 (almost always) to 5 (almost never), according to how much of the time each statement describes you.

- _____ I eat at least one balanced meal a day.
- _____ I get seven to eight hours of sleep at least four nights a week.
- _____ I give and receive affection regularly.
- _____ I have at least one relative within fifty miles on whom I can rely.
- _____ I exercise to the point of perspiration at least once a week.
- _____ I smoke at least once per day.
- _____ I take fewer than five alcoholic drinks a week.
- _____ I am the appropriate weight for my height.
- _____ I have an income adequate to meet my basic expenses.
- _____ I get strength from my religious beliefs.
- _____ I regularly attend club or social activities.
- _____ I have a network of friends and acquaintances.
- _____ I have one or more friends to confide in about personal matters.
- _____ I am in good health (including ear sight, hearing, and teeth, etc.)
- _____ I speak openly about my feelings when angry or worried.
- _____ I have regular conversations with the people I live with about domestic problems (e.g., chores, money, and daily living issues).
- _____ I do something for fun at least once a week.
- _____ I am able to organize my time effectively.
- _____ I drink fewer than three cups of coffee, tea, or cola a day.
- _____ I take quiet time for myself during the day.

_____ **Subtotal**

_____ **Subtract 20 Points**

_____ **Total**

Scoring

Add up the total, 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 you are extremely vulnerable if it is over 75.

¹ Based on the test developed by Lyle H. Miller and Alma Dell Smith, psychologists at Boston University Medical Center.

Stress Prevention/Management Techniques

- ◆ Eat a balanced diet, sleep well, and exercise regularly.
- ◆ Manage your time effectively—plan your work.
- ◆ Set realistic goals and re-evaluate them periodically.
- ◆ Avoid too many changes at one time.
- ◆ Accept what cannot be changed.
- ◆ Reevaluate talents, abilities, and goals.
- ◆ Cultivate hobbies and interests.
- ◆ Talk out your troubles.
- ◆ Relax, have fun, and take a break.
- ◆ Be a positive person.
- ◆ Learn to tolerate and forgive.
- ◆ Avoid unnecessary competition.
- ◆ Learn a drug-free method of relaxation.
- ◆ Avoid self-medication.
- ◆ Pursue social, recreational, and leisure time activities for balance.
- ◆ Take one thing at a time.
- ◆ Make yourself available.
- ◆ Consider alternative ways of viewing your situation.
- ◆ Challenge your “catastrophizing”—be realistic and reasonable.
- ◆ Develop effective problem solving skills.
- ◆ Be assertive in confronting your problems.