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Stress vulnerability questionnaire sample free pdf

_____ I give and receive affection regularly. Scores will range from 20 to 100. _____ I am the appropriate weight for my height. A score over 95 indicates extreme vulnerability to stress. A score between 70 and 95 indicates a serious vulnerability to stress. _____ I get seven to eight hours of sleep at least four nights a week. Intervention and assistance from outside sources such as counselors may be necessary. _____ I get strength from my religious beliefs. Evaluate the reasons for the stress and identify strategies for dealing with it. _____ I take quiet time for myself during the day. Then write the appropriate number indicating how often the statement applies to you using the following scale. Any score over 50 indicates vulnerability to stress. You can download the paper by clicking the button above. To complete the questionnaire, read each statement carefully and reflect upon your typical behaviors. _____ I have a network of friends and acquaintances. _____ I smoke less than half a pack of cigarettes a day. _____ I am in good health, including eyesight, hearing, _____ dental health, etc. Periodically monitor your progress toward reducing stress. Please fill in your details to download our free guide to dealing with stress Stress Vulnerability Questionnaire This stress vulnerability questionnaire was developed by two psychologists at Boston University Medical Center, L.H. Miller and A.D. Smith, and is reproduced by the SCI Noble Counseling Center of Caldwell, Ohio. _____ I exercise to the point of perspiration at least twice a week. ALWAYS Always Most of the Time Sometimes Almost Never Never 1 2 3 4 5 _____ I eat at least one hot balanced meal a day. _____ I have an income adequate to meet basic needs. _____ I am able to organize my time effectively _____ I drink fewer than three cups of coffee (or tea or cola) a day. _____ I have regular conversations with the people I live with about _____ domestic problems such as chores, money, and daily _____ living issues. If your score is less than 50, you are not vulnerable to stress at this time. _____ I regularly attend club or social activities. _____ I take fewer than five alcoholic drinks per week. _____ I have one or more friends to confide in about personal matters. _____ I have at least one relative within 50 miles on whom I can rely. Drastic lifestyle changes may be necessary to avoid the detrimental effects of stress. _____ I am able to speak openly about my feelings when angry _____ or worried. _____ I do something for fun at least once a week. Now add up your scores for each statement. Loading PreviewSorry, preview is currently unavailable.

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