

Are You Stressed?

Assign the appropriate points where they apply to you.

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| _____ If you feel you have a supportive family
Give yourself 10 points | _____ If you belong to a social activity group (other than your family) that meets at least once a month
Give yourself 10 points |
| _____ If you are within five pounds of your ideal weight
Give yourself 15 points | _____ If you get an average of at least 30 minutes of brisk exercise each day
Give yourself 5 points |
| _____ For each nutritionally balanced, wholesome meal that you eat during an average day
Give yourself 5 points—up to maximum 15 points | _____ If there's somewhere in your home you go to for relaxation and to be by yourself
Give yourself 10 points |
| _____ If you practice "time-management" skills in your daily life
Give yourself 10 points | _____ Subtract 5 points for each evening during an average week that you bring office-work home |
| _____ If you have a hobby you enjoy
Give yourself 10 points | _____ Subtract 5 points for each pack of cigarettes you smoke in an average day |
| _____ If you practice some form of "deep relaxation" at least three times a week
Give yourself 15 points | _____ Subtract 10 points for each time during the day of an average week that you use alcohol or other drugs to help you relax |
| _____ If, during the course of an average week, you plan and do something that you really enjoy (that's just for you)
Give yourself 5 points | |

What's Your Score: _____

A "perfect" score is about 120 points. Short of that, the higher your score, the greater the likelihood that you cope well with the ups and downs of life. An "average" score is about 50 or 60.