

STRESS!!!

WHICH OF THESE IS STRESS?

- You receive a promotion at work.
- Your car has a flat tire.
- You go to a fun party that lasts till 2:00 a.m.
- Your dog gets sick.
- Your new bedroom set is being delivered.
- Your best friend and his wife come to stay at your house for a week.
- You get a bad case of hay fever.
- All of the above.

List some causes of stress. Are these positive or negative?

Newer measurements of stress find that people's perception of things is the most important thing about dealing with what we call the day to day hassles.

Are these hassles to you

1. You have an argument with your boss.
2. You have a long train ride into work.
3. You have to cook dinner.
4. It's raining.
5. ???

How do you handle the stress of an upcoming test or final?

Stress Vulnerability Scale

The following stress vulnerability scale was developed to determine how susceptible you were to being affected by stressors. Beside each statement indicate how much of the time each statement applies to you.

Score each item based on the scale below:

- | | |
|--------------------|--------------------|
| 1 Always | 4 Some of the Time |
| 2 Almost always | 5 Never |
| 3 Most of the Time | |

- 1. I eat at least one hot, balanced meal a day.
- 2. I get at least 7 to 8 hours of 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.
- 7. I take fewer than 5 alcoholic drinks a week.
- 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 my personal matters.
- 14. I am in good health. (including eyesight, hearing and teeth)
- 15. I am able to speak openly about my feelings when angry or worried.
- 16. I have regular conversations with the people with whom I live 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 3 cups of coffee (or tea or cola drinks) a day.
- 20. I take quiet time for myself during the day.

TOTAL POINTS - 20 = _____ (your stress score)

- | | |
|-------|---------------------------------|
| 0-30 | Good resistance to stress |
| 30-50 | Some vulnerability to stress |
| 50-75 | Seriously vulnerable to stress |
| 75+ | Extremely vulnerable to stress. |

Are there any habits that you can change to reduce your vulnerability to stress?