



# Wellness Buddy Wednesday Tip

## How Well Do You Resist Stress?

To determine how likely you're affected by stress, answer the following questions. For each question, fill in the number corresponding to how much of the time each statement applies to you. Total and score your answers on the next page.

- 4: Always.                      3: Almost always.                      2: Most of the time.  
1: Some of the time.                      0: Never.

### During most of my life I:

### Score

- |   |       |
|---|-------|
| 1. Eat at least two full, balanced meals a day.   | _____ |
| 2. Get seven to eight hours' sleep.   | _____ |
| 3. Give and receive affection regularly.  | _____ |
| 4. Have at least one relative on whom I can rely.   | _____ |
| 5. Exercise to the point of perspiration at least twice a week.   | _____ |
| 6. Do not smoke, or smoke less than half a pack of cigarettes a day.  | _____ |
| 7. Do not drink alcohol or abuse drugs.   | _____ |
| 8. Am at an appropriate weight for my height.   | _____ |
| 9. Feel that my basic needs are being met.  | _____ |
| 10. Get strength from my values and beliefs.  | _____ |
| 11. Regularly attend club or social activities.   | _____ |
| 12. Have a network of friends and acquaintances.  | _____ |
| 13. Have one or more friends to talk to about personal matters.   | _____ |
| 14. Am in good physical health ( including eyesight, hearing, and teeth).                                   | _____ |
| 15. Am able to speak openly about my feelings when angry or worried.  | _____ |
| 16. Have regular conversations with the people I live with about domestic issues (such as chores or money). | _____ |

## How Well Do You Resist Stress (continued)

### During most of most time I:

Score

17. Have some fun each day.

\_\_\_\_\_

18. Organize my time effectively.

\_\_\_\_\_

19. Drink two or fewer cups of caffeinated beverages (coffee, tea, or cola drinks) a day.

\_\_\_\_\_

20. Take quiet time for myself each day.

\_\_\_\_\_

### During stressful times I:

Score

21. Organize my responsibilities and meet the most important ones first.

\_\_\_\_\_

22. Refuse to take on too many responsibilities.

\_\_\_\_\_

23. Express my feeling at intervals.

\_\_\_\_\_

24. Use willied relaxation methods.

\_\_\_\_\_

25. Seek outside help as needed.

\_\_\_\_\_

Total Score

\_\_\_\_\_

### Scoring

**81-100:** *Congratulations!* Your defenses against daily stresses are strong.

**61-80:** You are well defended against stress, but you could still improve your defenses.

**41-60:** You are too vulnerable to stress. Try to improve.

**0-40:** You urgently need strategies for handling stress.



*During times of stress, physical activity can work off muscle tension, use up ready fuels, and help the body recover.*

Healthy Communities, Healthy People  
Jackson Co Health Department  
P O Box 310  
3045 4th Street  
Marianna, FL 32447

Phone: 850.526.2412 ext 282  
Fax: 850.428.9564  
Email: WellnessBuddy@doh.state.fl.us



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