

HOW VULNERABLE ARE YOU TO STRESS?

THE MILLER-SMITH LIFESTYLE ASSESSMENT INVENTORY

Stress often results from some factors in your lifestyle, and in turn can influence you into an unhealthy lifestyle. The aim of this inventory is to help you systematically to assess your current lifestyle to see if there are factors in it which may be increasing your vulnerability to stress, and which could be suitable targets of change.

Read each item carefully, and then give it a rating from 1 to 5 depending on how often that item applies to you now:

1 - Almost always 2 - Often 3 - Sometimes 4 - Occasionally 5 - Almost never

There are no right or wrong answers. The more accurately you answer, the better you will identify ways you can manage your stress.

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|-----|--|--------------------------|
| 1. | I eat at least one hot, balanced meal a day | <input type="checkbox"/> |
| 2. | I get seven to eight hours sleep at least four nights a week | <input type="checkbox"/> |
| 3. | I give and receive affection regularly | <input type="checkbox"/> |
| 4. | I have at least one relative within 50 km on whom I can rely | <input type="checkbox"/> |
| 5. | I exercise to the point of perspiration at least twice a week | <input type="checkbox"/> |
| 6. | I smoke less than half a pack of cigarettes a day (non-smokers score 1) | <input type="checkbox"/> |
| 7. | I take fewer than five alcoholic drinks a week (non-drinkers score 1) | <input type="checkbox"/> |
| 8. | I am the appropriate weight for my height | <input type="checkbox"/> |
| 9. | I have an income adequate to meet my basic expenses | <input type="checkbox"/> |
| 10. | I get strength from my religious beliefs, or I feel comfortable with my view of the universe and my place in it | <input type="checkbox"/> |
| 11. | I regularly attend club or social activities | <input type="checkbox"/> |
| 12. | I have a network of friends and acquaintances | <input type="checkbox"/> |
| 13. | I have one or more friends to confide in about personal issues | <input type="checkbox"/> |
| 14. | I am in good health (including eyesight, hearing, teeth) | <input type="checkbox"/> |
| 15. | I am able to speak openly about my feelings when angry or concerned | <input type="checkbox"/> |
| 16. | I have regular conversations with the people I live with about domestic problems e.g., chores, money and daily living issues | <input type="checkbox"/> |

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Head for Business Heart for People

17. I do something for fun at least once a week
18. I am able to organise my time effectively
19. I drink fewer than three cups of coffee (or tea or coke) a day
20. I take quiet time for myself during the day

TOTAL

To get your score on this test, add up your figures.

Score	Indicates
Less than 50	Low vulnerability
50 to 70	Vulnerable
70 to 95	Seriously vulnerable
More than 95	Extremely vulnerable

First, you can obtain a general indication of how much your lifestyle is making you vulnerable to distress, according to this scale.

Probably more useful, however, is to look at each of the items to identify possible goals for your stress management programme. A score of 3, 4 or 5 on an item suggests you should look carefully at that part of your lifestyle to see if you should be making some changes to reduce your stress vulnerability.