

Health and Stress Questionnaire

Stress can be a contributing factor to significant health problems. Identifying stress and dealing with the conditions that cause stress are key steps to a proactive approach to a healthy life. The following questions are designed to explore the level of stress that you encounter in your everyday life. Your thoughtful and accurate responses to these questions will help me in evaluating your total health.

Please read each statement and enter the number which best represents your response.

- 1 - Almost always or Always
- 2 - More often than not
- 3 - About half the time
- 4 - Less often than usual
- 5 - Almost never or Never

- ___ I eat at least one hot, balanced meal per day
- ___ I get 7 to 8 hours of sleep at least 4 nights per week
- ___ I give and receive affection regularly
- ___ I have at least one relative within 50 miles whom I can rely on
- ___ I exercise to the point of perspiration at least twice a week
- ___ I smoke less than 5 cigarettes per day
- ___ I drink less than 5 alcoholic beverages per week
- ___ I am the appropriate weight for my height
- ___ I have an income adequate to meet my basic needs
- ___ I get strength from my religious beliefs
- ___ I regularly attend a club or other social activities
- ___ I have a network of friends and acquaintances
- ___ I have one or more friends to confide in about personal matters
- ___ I am in good health (including: vision, hearing and teeth)
- ___ I am able to speak openly about my feelings when angry or worried
- ___ I have regular conversations with other people I live with about domestic chores, money and daily living issues
- ___ I do something fun at least once a week
- ___ I am able to organize my time effectively
- ___ I drink fewer than 3 cups of coffee, tea or other caffeinated drinks per day
- ___ I take quiet time for myself during the day
- ___ Add the numbers together and record your total

Although stress is a part of all our lives, a total score of greater than 50 can indicate a vulnerability to the effects of stress.