

Stress Warning Signals

Physical Symptoms

- | | |
|---|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Back pain |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Tight neck, shoulders |
| <input type="checkbox"/> Stomachaches | <input type="checkbox"/> Racing heart |
| <input type="checkbox"/> Sweaty palms | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Sleep difficulties | <input type="checkbox"/> Tiredness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Ringing in ears |

Behavioral Symptoms

- | | |
|--|---|
| <input type="checkbox"/> Excess smoking | <input type="checkbox"/> Grinding of teeth at night |
| <input type="checkbox"/> Bossiness | <input type="checkbox"/> Overuse of alcohol |
| <input type="checkbox"/> Compulsive gum chewing | <input type="checkbox"/> Compulsive eating |
| <input type="checkbox"/> Attitude critical of others | <input type="checkbox"/> Inability to get things done |

Emotional Symptoms

- | | |
|---|--|
| <input type="checkbox"/> Crying | <input type="checkbox"/> Overwhelming sense of nervousness, anxiety pressure |
| <input type="checkbox"/> Boredom-no meaning to things | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Edginess-ready to explode | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Feeling powerless to change things | <input type="checkbox"/> Unhappiness for no reason |
| | <input type="checkbox"/> Easily upset |

Cognitive Symptoms

- | | |
|---|--|
| <input type="checkbox"/> Trouble thinking clearly | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Lack of creativity | <input type="checkbox"/> Thoughts of running away |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> Constant worry |
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Loss of sense of humor |

Spiritual Symptoms

- ☐ Emptiness
- ☐ Loss of meaning
- ☐ Doubt
- ☐ Unforgiving
- ☐ Martyrdom
- ☐ Looking for magic
- ☐ Loss of direction
- ☐ Cynicism
- ☐ Apathy
- ☐ Needing to "prove" self

Relational Symptoms

- ☐ Isolation
- ☐ Intolerance
- ☐ Resentment
- ☐ Loneliness
- ☐ Lashing out
- ☐ Hiding
- ☐ Clamming up
- ☐ Lowered sex drive
- ☐ Nagging
- ☐ Distrust
- ☐ Lack of intimacy
- ☐ Using people
- ☐ Fewer contacts with friends

Stress Vulnerability Scale (SVS) by Miller and Smith (1985)

Directions:

Following questionnaire is designed to help you discover your vulnerability quotient and to pinpoint trouble spots.

Rate each item from 1 (always) to 5 (never), according to how much of the time the statement is true of you.

Be sure to mark each item, even if it does not apply to you. For example, if you don't smoke, circle 1 next to item six.

	Always	Frequently	Neutral	Sometimes	Never
1. I eat at least one balanced meal a day.	1	2	3	4	5
2. I only get 7-8 hours of sleep at least four nights a week.	1	2	3	4	5
3. I give and receive affection regularly.	1	2	3	4	5
4. I have at least one relative within 50 miles, on whom I can rely.	1	2	3	4	5
5. I exercise to the point of perspiration at least twice a week.	1	2	3	4	5
6. I limit myself to less than half a pack of cigarettes a day	1	2	3	4	5
7. I take fewer than five cups of tea a week.	1	2	3	4	5
8. I am the appropriate weight for me height.	1	2	3	4	5
9. I have money adequate to meet basic expenses.	1	2	3	4	5
10. I get strength from my religious beliefs.	1	2	3	4	5
11. I regularly attend social activities.	1	2	3	4	5
12. I have a network of friends and acquaintances.	1	2	3	4	5
13. I have one or more friends to confide in about personal matters.	1	2	3	4	5
14. I am in good health (including eye-sight, hearing, teeth).	1	2	3	4	5
15. I am able to speak openly about my feelings when angry or worried.	1	2	3	4	5
16. I have regular conversations with the people I live with about domestic problems	1	2	3	4	5
	Always	Frequently	Neutral	Sometimes	Never
17. I do something for fun at least once a week.	1	2	3	4	5

18. I am able to organize my time effectively.	1	2	3	4	5
19. I drink fewer than three cups of coffee a day.	1	2	3	4	5
20. I take some quiet time for myself during the day.	1	2	3	4	5

Scoring of SVS

To get your final score, add your total and subtract 20.

Total score _____ - 20 = _____

A score below 10 indicates excellent resistance to stress.

A score over 30 indicates some vulnerability to stress.

A score over 50 indicates that you are seriously vulnerable to stress.