

HANDOUT 31-2

Susceptibility to Stress (SUS)

How susceptible you are to stress depends upon a mix of your health behaviors, life-style, and resources for coping with stress. This test will help you determine your level of susceptibility and the factors that contribute to it. Fill in 1 (ALMOST ALWAYS) to 5 (NEVER) according to how much of the time an item is true of you.

- _____ 1. I eat at least one hot, balanced meal a day.
- _____ 2. I get 7-8 hours sleep at least 4 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 avoid tobacco use (cigarettes, pipe, cigars, snuff, chewing tobacco).
- _____ 7. I consume fewer than 5 alcoholic drinks per 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 personal matters.
- _____ 14. I am in good health (including eyesight, hearing, teeth).
- _____ 15. I am able to speak openly about my feelings when angry or worried.
- _____ 16. I have regular conversations with the people I live with 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) per day.
- _____ 20. I take quiet time for myself during the day.
- _____ 21. I have an optimistic outlook on life.