

Stress Fitness Questionnaire

Some people operate in highly stressful environments or have been beset by highly stressful life events, and yet seem to have very well-developed coping skills. We call this their "stress fitness." For you, the difference between being more susceptible to stress-related concerns and being able to "handle" things as they come your way may be indicated by your responses on this "stress fitness questionnaire." Please respond to the following statements by indicating how often the statement accurately describes you:

(Never [0 points], Rarely [1 point], Sometimes [2 points], Often [3 points], or Always [4 points])

Questions and Responses	Score
1. I follow an exercise program each week. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
2. I eat nutritionally balanced and healthy meals. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
3. I avoid smoking. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
4. I avoid excessive alcohol or caffeine. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
5. I take regular breaks during the day, and regular days off to relax. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
6. I have resolved issues or hurts from the past and look forward to a promising future. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
7. I have a strong faith, and I meditate or pray about things that are beyond my control. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
8. I have set short- and long-term goals and update them at appropriate intervals. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
9. I am able to assert my feelings in appropriate ways. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
10. I place a high value on my primary relationship and work to improve it. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
11. I derive a sense of purpose from my work. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
12. I am emotionally supported by my close network of friends or family. Never Rarely Sometimes Often Always <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4	_____
TOTAL SCORE: _____	

How to interpret your score:

1. If your score is between 0 and 16, your stress fitness is very low and you are at a much greater risk for stress-related problems. I would suggest that you prioritize the items on this questionnaire and begin to address them in ways that can result in some positive change in your life as soon as possible. A score in this range is an indication that you are at much greater risk for being debilitated by a major stressful event.
2. If your score is between 17 and 32, your stress fitness is in the moderate range. You may be less likely to be debilitated by the stress of a crisis event that may come along; however, you also likely have some areas for potential growth that, if addressed, would provide you with even greater protection against that eventuality. Look at any item that you scored as a 0, 1, or 2, and take steps to make improvements in those areas.
3. If your score is between 33 and 48, your stress fitness is high, and you have a greater chance of successfully resisting the debilitating effects of a traumatic event should one occur. You still may have some areas in which improvement can be made in your stress fitness, so take a look at any item that you scored as a 0, 1, or 2, and take steps to make improvements in those areas.