ARE YOU VULNERABLE TO STRESS??

1	2	3	4	5
almost always				never

DATE:		DATE: (2 weeks later)
_____	I eat 3 nutritious meals per day (all food groups)	_____
_____	I get seven to eight hours of sleep per night	_____
_____	I give and receive affection regularly	_____
_____	I exercise vigorously (sweating) at least twice per week	_____
_____	I have a healthy body weight	_____
_____	I have an income that meets my basic expenses	_____
_____	I have one or more friends to confide in about personal matters	_____
_____	I do something for fun at least once per week	_____
_____	I take quiet time for myself during the day	_____
_____	I have a network of friends and acquaintances	_____