

Assess Your Stress

This exercise will help you see how vulnerable you may be to the stress of job hunting. Evaluate yourself on each of the items listed below using the following scale. Circle your answers. Then add the circled numbers to obtain your total stress vulnerability score.

Stress Indicator statements	No						Yes					
I eat at least 2 balanced meals per day.	1	2	3	4	5	6	1	2	3	4	5	6
I get 7 to 8 hours sleep each night.	1	2	3	4	5	6	1	2	3	4	5	6
I give and receive affection regularly.	1	2	3	4	5	6	1	2	3	4	5	6
I have several close relatives on whom I can rely.	1	2	3	4	5	6	1	2	3	4	5	6
I exercise at least 3 times per week.	1	2	3	4	5	6	1	2	3	4	5	6
I seldom smoke cigarettes.	1	2	3	4	5	6	1	2	3	4	5	6
I am the appropriate weight for my height.	1	2	3	4	5	6	1	2	3	4	5	6
I have an income adequate to meet basic expenses.	1	2	3	4	5	6	1	2	3	4	5	6
I get strength from my spiritual beliefs.	1	2	3	4	5	6	1	2	3	4	5	6
I regularly attend club or social activities.	1	2	3	4	5	6	1	2	3	4	5	6
I take fewer than 3 alcohol drinks/week.	1	2	3	4	5	6	1	2	3	4	5	6
I have a strong network of friends and acquaintances.	1	2	3	4	5	6	1	2	3	4	5	6
I have several close friends in whom I confide.	1	2	3	4	5	6	1	2	3	4	5	6
I am in good health.	1	2	3	4	5	6	1	2	3	4	5	6
I am able to speak openly about my feelings.	1	2	3	4	5	6	1	2	3	4	5	6
I have regular conversations with family members about problems, chores, money and daily living concerns.	1	2	3	4	5	6	1	2	3	4	5	6
I do something for fun at least once per week.	1	2	3	4	5	6	1	2	3	4	5	6
I am able to organize my time effectively.	1	2	3	4	5	6	1	2	3	4	5	6
I drink less than 3 cups of coffee, tea or cola per day.	1	2	3	4	5	6	1	2	3	4	5	6
I take quiet time for myself during the day.	1	2	3	4	5	6	1	2	3	4	5	6

TOTAL STRESS VULNERABILITY SCORE _____

Interpreting the stress indicator

70 or more

Generally you have low vulnerability to stress related problems. Still, looking for work can generate unexpected stress. Take good care of yourself during your job search.

41 to 69

You are moderately vulnerable to stress related problems.

40 or less

You are highly vulnerable to stress related problems. Examine your lowest scores on the Stress Indicator and consider making some changes in your life.