# [Stressed Out? You May Be Magnesium Deficient | Ancient Minerals](http://www.ancient-minerals.com/wp-content/uploads/2014/01/iStock_000016271480XSmall.jpg)How Vulnerable are you to Stress?

Score each item from 1 (almost always) to 5 (never) according to how much of the time each statement applies to you.

1. \_\_\_\_\_ I eat at least one hot, balanced meal a day.
2. \_\_\_\_\_ I get seven or eight hours of sleep at least four nights

out of the week.

1. \_\_\_\_\_ I get and receive affection regularly.

We all encounter stress on a daily basis.

However, some of us are more vulnerable to its effects than others.

How did you score?

1. \_\_\_\_\_ I have at least one relative within 50 kilometers on whom I can rely on.
2. \_\_\_\_\_ I exercise to the point of perspiration at least three times a week.
3. \_\_\_\_\_ I have an income adequate to my basic expenses.
4. \_\_\_\_\_ I get strength from my religious beliefs.
5. \_\_\_\_\_ I regularly attend club or social activities.
6. \_\_\_\_\_ I have a network of friends and acquaintances.
7. \_\_\_\_\_ I have one or more friends to confide in about person matters.
8. \_\_\_\_\_ I am in good health
9. \_\_\_\_\_ I am able to speak openly about my feelings when angry or worried.
10. \_\_\_\_\_ I have regular conversations with the people like about domestic problems   
     (e.g. chores, money, daily life).

Which variables can you alter?

1. \_\_\_\_\_ I do something for fun at least once a week.
2. \_\_\_\_\_ I am able to organize my time effectively.
3. \_\_\_\_\_ I have fewer than three cups of coffee, tea or cola a day.
4. \_\_\_\_\_ I take quiet time for myself during the day.

**To get your total**, add up your score for each item and then subtract 17.   
**Any number over 25 indicates vulnerability to stress.**   
You are seriously vulnerable if you score between 44 and 68, and extremely vulnerable over 68.

**If your score is over 25, go back over the list and see which buffers you might be able to build into your life more consistently. Put an asterisk beside any that you think you can improve on and then make a conscious effort to work toward this.**

## Common Causes of Stress

## Check off the 5 to 10 stresses you feel most often or most strongly.

I am stressed because...

\_\_\_\_\_ I have just left or am about to leave home. \_\_\_\_\_I am in a new relationship

\_\_\_\_\_ I have just received a great award or honour. \_\_\_\_\_I fear dying

\_\_\_\_ School is ending soon for me \_\_\_\_\_I worry about the environment

\_\_\_\_ I have no privacy at home \_\_\_\_\_I fear getting hurt by others

\_\_\_\_Home is crowded \_\_\_\_I fear failing

\_\_\_\_I don’t have enough money \_\_\_\_I have too much responsibility

\_\_\_\_Someone close to me has a drug or alcohol problem \_\_\_\_I have too little responsibility

\_\_\_\_I have a drug or alcohol problem \_\_\_\_I recently changed schools

\_\_\_\_My parents are separated or divorced \_\_\_\_Parents fight a lot

\_\_\_\_My parent(s) is (are) absent \_\_\_\_I don’t like a or all teacher(s)

\_\_\_\_My parent is in a new relationship \_\_\_\_School bores me

\_\_\_\_My parents have high expectations for me \_\_\_\_My reading skills are not great

\_\_\_\_Someone in my family is sick or dying \_\_\_\_Teachers or students pick on me

\_\_\_\_I am new to this area \_\_\_\_I want to work but can’t get a job

\_\_\_\_I feel like I’m not good at lots of things \_\_\_\_I just started a new job

\_\_\_\_I hang around with new friends \_\_\_\_Decisions are hard for me

\_\_\_\_I don’t have enough friends \_\_\_\_Trying out for things is hard

\_\_\_\_I am not popular \_\_\_\_I am embarrassed easily

\_\_\_\_I get nervous with boys or girls (depending) \_\_\_\_I don’t like the way I look

\_\_\_\_I just broke up with my boyfriend or girlfriend \_\_\_\_School course work is hard

\_\_\_\_It’s not hard, but I have too much school work \_\_\_\_\_I never study enough for tests

\_\_\_\_I feel like I don’t belong \_\_\_\_My part-time job is worrisome

\_\_\_\_Friends pressure me to do things I don’t want to do. \_\_\_\_Other stresses (write below)

## Now pick two (2) to work with, put a star beside these ones\*.