



## **Staying Healthy Survival and Organized Intervention**

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### **Survival Intervention**

1. Non-productive leisure activity – enjoy yourself
2. Retreat Time (daily) ~ wiggle room
3. Mini breaks ~ go away/do nothing
4. Know your limitations ~ no pm work (unless you're a night person)
5. Practice doing one thing at a time
6. Teach others to respect your time
7. Eliminate unfulfilling obligations

### **Organized Intervention**

1. Plan for an imperfect world
2. Optimize use of personal Style
3. Learn to say no and mean it
4. Delegate at home
5. Adjust your efforts to the important tasks at hand
6. Monitor your progress

# How Vulnerable Are You To Stress?

The following test was developed by Psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center. 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 to eight hours sleep at least four nights a week. \_\_\_\_\_
3. I give and receive affection regularly. \_\_\_\_\_
4. I have at least one relative within fifty miles on whom I can rely. \_\_\_\_\_
5. I exercise to the point of perspiration at least twice a week. \_\_\_\_\_
6. I smoke less than half a pack of cigarettes a day. \_\_\_\_\_
7. I take fewer than five alcoholic drinks a week. \_\_\_\_\_
8. I am the appropriate weight for my height. \_\_\_\_\_
9. I have income adequate to meet my 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, and teeth). \_\_\_\_\_
15. I am able to speak openly about my feelings when angry or worried. \_\_\_\_\_
16. I have regular conversations with people I live with about domestic programs, e.g., chores, money, and daily living activities. \_\_\_\_\_
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 three cups of coffee (or tea or cola drinks) a day. \_\_\_\_\_
20. I take quiet time for myself during the day. \_\_\_\_\_

Total: \_\_\_\_\_

To get your score, add up the figures and subtract 20. Any number over 30 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 50 and 75, and extremely vulnerable if it is over 75.

# Social Readjustment Rating Scale

<u>Rank</u>	<u>Life Event</u>	<u>Mean Value</u>
1.	Death of a spouse	100
2.	Divorce	73
3.	Marital separation	65
4.	Jail term	63
5.	Death of close family member	63
6.	Personal injury or illness	53
7.	Marriage	50
8.	Fired from job	47
9.	Marital reconciliation	45
10.	Retirement	45
11.	Change in health of family member	44
12.	Pregnancy	40
13.	Sex difficulties	39
14.	Gain of new family member	39
15.	Business readjustment	39
16.	Change in financial state	38
17.	Death of close friend	37
18.	Change to different line of work	36
19.	Change in number of arguments with spouse	35
20.	Mortgage over \$10,000	31
21.	Foreclosure of mortgage or loan	30
22.	Change in responsibilities at work	29
23.	Son or daughter leaving home	29
24.	Trouble with in-laws	29
25.	Outstanding personal achievement	28
26.	Wife begins or stops work	26
27.	Begin or end school	26
28.	Change in living conditions	25
29.	Revision of personal habits	24
30.	Trouble with boss	23
31.	Change in work hours or conditions	20
32.	Change in residence	20
33.	Change in schools	20
34.	Change in recreation	19
35.	Change in church activities	19
36.	Change in social activities	18
37.	Mortgage or loan less than \$10,000	17
38.	Change in sleeping habits	16
39.	Change in number of family get-togethers	15
40.	Change in eating habits	15
41.	Vacation	13
42.	Christmas	12
43.	Minor violations of the law	11

From Holmes, T.H. & Rahe, R.H., Journal of Psychosomatic Research, Volume II, 1957, p. 216, Table III