

STRESS SELF-TEST

In the following table you can look up representative changes in your life and see how much stress value each of these changes is adding to your life. NOTE ANY ITEM THAT YOU MAY HAVE EXPERIENCED IN THE LAST TWELVE MONTHS. Then, total up your score.

STRESS	EVENT VALUE
DEATH OF SPOUSE	100
DIVORCE	60
MENOPAUSE	60
SEPARATION FROM LIVING PARTNER	60
JAIL TERM OR PROBATION	60
DEATH OF CLOSE FAMILY MEMBER OTHER THAN SPOUSE	60
SERIOUS PERSONAL INJURY OR ILLNESS	45
MARRIAGE OR ESTABLISHING LIFE PARTNERSHIP	45
FIRED AT WORK	45
MARITAL OR RELATIONSHIP RECONCILIATION	40
RETIREMENT	40
CHANGE IN HEALTH OF IMMEDIATE FAMILY MEMBER	40
WORK MORE THAN 40 HOURS PER WEEK	35
PREGNANCY OR CAUSING PREGNANCY	35
SEX DIFFICULTIES	35
GAIN OF NEW FAMILY MEMBER	35
BUSINESS OR WORK ROLE CHANGE	35
CHANGE IN FINANCIAL STATE	35
DEATH OF A CLOSE FRIEND (not a family member)	30
CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE OR LIFE PARTNER	30
MORTGAGE OR LOAN FOR A MAJOR PURPOSE	25
FORECLOSURE OF MORTGAGE OR LOAN	25
SLEEP LESS THAN 8 HOURS PER NIGHT	25
CHANGE IN RESPONSIBILITIES AT WORK	25
TROUBLE WITH IN-LAWS OR WITH CHILDREN	25
OUTSTANDING PERSONAL ACHIEVEMENT	25



STRESS	EVENT VALUE
SPOUSE BEGINS OR STOPS WORK	20
BEGIN OR END SCHOOL	20
CHANGE IN LIVING CONDITIONS (visitors in the home, change in roommates, remodeling house)	20
CHANGE IN PERSONAL HABITS (diet, exercise, smoking, etc.)	20
CHRONIC ALLERGIES	20
TROUBLE WITH BOSS	20
CHANGE IN WORK HOURS OR CONDITIONS	15
MOVING TO NEW RESIDENCE	15
PRESENTLY IN PRE-MENSTRUAL PERIOD	15
CHANGE IN SCHOOLS	15
CHANGE IN RELIGIOUS ACTIVITIES	15
CHANGE IN SOCIAL ACTIVITIES (more or less than before)	15
MINOR FINANCIAL LOAN	10
CHANGE IN FREQUENCY OF FAMILY GET-TOGETHERS	10
VACATION	10
PRESENTLY IN WINTER HOLIDAY SEASON	10
MINOR VIOLATION OF THE LAW	5

TOTAL SCORE _____



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KEY

SCORE	CONCLUSION
<150	Probably will not have any adverse reactions.
150-199	Indicates a “mild” problem, with a 37% chance you will feel the impact of stress with physical symptoms.
200-299	You qualify as having a “moderate” problem with a 51% chance of experiencing a change in your health.
>300	Indicates a “severe” condition and could threaten your well-being.

