

Life Stress Test

In the past 12 to 24 months, which of the following major life events have taken place in your life?

Mark down each event that you have experienced this year.

When you're done looking at the whole list, add up the points for each event.

Check your score at the bottom.

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| _____ 100 Death of Spouse | _____ 30 Foreclosure of mortgage or loan |
| _____ 73 Divorce | _____ 29 Change in work responsibilities |
| _____ 65 Marital Separation or from relationship partner | _____ 29 Trouble with in-laws |
| _____ 63 Jail Term | _____ 28 Outstanding personal achievement |
| _____ 63 IRS or law suit | _____ 26 Spouse begins or stops work |
| _____ 63 Death of close family member | _____ 26 Starting or finishing school |
| _____ 53 Personal injury or illness | _____ 25 Change in living conditions |
| _____ 50 Marriage | _____ 24 Revision of personal habits |
| _____ 47 Fired from work | _____ 23 Trouble with boss |
| _____ 45 Marital reconciliation | _____ 20 Change in work hours, conditions |
| _____ 45 Retirement | _____ 20 Change in residence |
| _____ 44 Change in family member's health | _____ 20 Change in schools |
| _____ 40 Pregnancy | _____ 19 Change in recreational habits |
| _____ 39 Sex difficulties | _____ 19 Change in church activities |
| _____ 39 Addition to family | _____ 18 Change in social activities |
| _____ 39 Business readjustment | _____ 17 Mortgage or loan under \$100,000 |
| _____ 38 Change in financial status | _____ 16 Change in sleeping habits |
| _____ 37 Death of close friend | _____ 15 Change in number of family gatherings |
| _____ 36 Change to a different line of work | _____ 15 Change in eating habits |
| _____ 35 Change in number of marital arguments | _____ 13 Vacation |
| _____ 31 Mortgage or loan over \$130,000 | _____ 12 Christmas season |
| | _____ 11 Minor violations of the law |

_____ Your Total Score

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress related illness. The illness could be mild - frequent tension headaches, acid indigestion, loss of sleep to very serious illness like ulcers, cancer, migraines and the like.

LIFE STRESS SCORES

0-149 Low susceptibility to stress-related illness

150-299 Medium susceptibility to stress-related illness.

Learn and practice relaxation and stress management skills and a healthy well balanced life style.

300 and over High susceptibility to stress-related illness

Daily practice of relaxation skills is very important for your wellness. Take care of it now before a serious illness erupts or an affliction becomes worse.