



What's Your Stress Level?

Too much change in your life contributes to stress. Using the table below, total the value of all the life events you have experienced in the past year (12 months).

Stressful events	Event values
1. Death of a spouse	100
2. Divorce	60
3. Menopause	60
4. Separation from living partner	60
5. Jail term or probation	60
6. Death of close family member other than spouse	60
7. Serious personal injury or illness	45
8. Marriage or establishing life partnership	45
9. Fired at work	45
10. Marital or relationship reconciliation	40
11. Retirement	40
12. Change in health of immediate family member	40
13. Work more than 40 hours per week	35
14. Pregnancy	35
15. Sex difficulties	35
16. Gain of new family member	35
17. Business or work role change	35
18. Change in financial state	35
19. Death of a close friend (not a family member)	30
20. Change in number of arguments with spouse	30
21. Mortgage or loan for a major purpose	25
22. Foreclosure of mortgage or loan	25
23. Sleep less than eight hours per night	25
24. Change in responsibilities at work	25
25. Trouble with in-laws or with children	25
26. Outstanding personal achievement	25
27. Spouse begins or stops work	20
28. Begin or end school	20

Stressful events	Event values
29. Change in living conditions (visitors in home, etc.)	20
30. Change in personal habits (diet, exercise, etc.)	20
31. Chronic allergies	20
32. Trouble with boss	20
33. Change in work hours and conditions	15
34. Moving to new residence	15
35. Presently in pre-menstrual period	15
36. Change in school	15
37. Change in religious activities	15
38. Change in social activities (more or less than before)	15
39. Minor financial loan	10
40. Change in frequency of family get-togethers	10
41. Vacation	10
42. Presently in winter holiday season	10

TOTAL SCORE: _____

Score of 150 or less

There is a 30% chance you will have a major change in your health in the next year.

Score of 151 - 300

There is a 50% chance of a major change in your health for the next year.

Score of 301 or higher

There is a 80% chance of a major change in your health for the next year.

(Adapted from the "Social Readjustment Rating Scale" by Thomas Holmes and Richard Rahe. This scale was first published in the "Journal of Psychosomatic Research," Copyright 1967, vol. II p. 214. It is used by permission of Pergamon Press Ltd.)