

# ***STRESS ASSESSMENT***

## **Points for Life Event**

- 100 \_\_\_ Death of a Spouse
- 73 \_\_\_ Divorce
- 65 \_\_\_ Marital Separation
- 63 \_\_\_ Jail Term
- 63 \_\_\_ Death of close family member
- 53 \_\_\_ Personal Injury or illness
- 50 \_\_\_ Marriage
- 47 \_\_\_ Fired at work
- 45 \_\_\_ Marital reconciliation
- 45 \_\_\_ Retirement
- 44 \_\_\_ Change in health of family member
- 40 \_\_\_ Pregnancy
- 39 \_\_\_ Sex difficulties
- 39 \_\_\_ Gain of new family member
- 39 \_\_\_ Business Readjustment
- 38 \_\_\_ Change in financial state
- 37 \_\_\_ Death of a close friend
- 36 \_\_\_ Change to different kind of work
- 35 \_\_\_ Change in number of arguments with spouse
- 31 \_\_\_ Mortgage over \$10,000
- 30 \_\_\_ Foreclosure of mortgage or loan
- 29 \_\_\_ Change in responsibilities at work
- 29 \_\_\_ Son or daughter leaving home
- 29 \_\_\_ Trouble with in-laws
- 28 \_\_\_ Outstanding personal achievement
- 26 \_\_\_ Spouse begins or stops work
- 26 \_\_\_ Begin or end school
- 25 \_\_\_ Change in living conditions
- 24 \_\_\_ Revision of personal habits
- 23 \_\_\_ Trouble with boss
- 20 \_\_\_ Change in work hours or conditions
- 20 \_\_\_ Change in residence
- 20 \_\_\_ Change in schools
- 19 \_\_\_ Change in recreation
- 18 \_\_\_ Change in church activities
- 18 \_\_\_ Change in social activities
- 17 \_\_\_ Mortgage or loan less than \$10,000
- 16 \_\_\_ Change in sleeping habits
- 15 \_\_\_ Change in number of family get-togethers
- 15 \_\_\_ Change in eating habits
- 13 \_\_\_ Vacation
- 12 \_\_\_ Christmas
- 11 \_\_\_ Minor violations of law
- \_\_\_ Your Total Score

If you are stressed out taking this test, add 10 points to your score.

Note: If there are events which took place in your life during the past year which are not listed, select a value from an event listed which approximates your experience closely.

Dr. Holmes, who developed this widely reprinted index found that a score of 150 for events occurring within the last year gives you a fifty-fifty chance of developing an illness. A score of 300+ gives you a ninety percent chance. Notice that 'positive' events (outstanding personal achievement, vacation, Christmas) can be stressful as 'negative' ones. If you know how, you can fortify yourself nutritionally. By supplying your body with what it needs to deal with an above normal stress load, your chances of falling ill, are greatly reduced.