Life Stress Test

As caregivers, we are often stressed and don’t know why. Without realizing the effects that life circumstances have on us, we tend to sweep our feelings of frustration, sadness and turmoil under the rug.

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

Mark down the points for each event that you have experienced this year. When you're done looking at the whole list, add up the points for each event and check your score at the bottom.

- _____  Death of Spouse (**100 points**)
- _____  Divorce (**73 points**)
- _____  Marital Separation or from relationship partner (**65 points**)
- _____  Jail Term (**63 points**)
- _____  Death of close family member (**63 points**)
- _____  Personal injury or illness (**53 points**)
- _____  Marriage (**50 points**)
- _____  Fired from work (**47 points**)
- _____  Marital reconciliation (**45 points**)
- _____  Retirement (**45 points**)
- _____  Change in family member’s health (**44 points**)
- _____  Pregnancy (**40 points**)
- _____  Sex difficulties (**39 points**)
- _____  Addition to family (**39 points**)
- _____  Business readjustment (**39 points**)
- _____  Change in financial status (**38 points**)
- _____  Death of close friend (**37 points**)
- _____  Change to a different line of work (**36 points**)
- _____  Change in number of marital arguments (**35 points**)
- _____  Mortgage or loan over $30,000 (**31 points**)
- _____  Foreclosure of mortgage or loan (**30 points**)
- _____  Change in work responsibilities (**29 points**)
- _____  Trouble with in-laws (**29 points**)
- _____  Outstanding personal achievement (**28 points**)
- _____  Spouse begins or stops work (**26 points**)
- _____  Starting or finishing school (**26 points**)
- _____  Change in living conditions (**25 points**)
- _____  Revision of personal habits (**24 points**)
- _____  Trouble with boss (**23 points**)
- _____  Change in work hours, conditions (**20 points**)
- _____  Change in residence (**20 points**)
- _____  Change in schools (**20 points**)
- _____  Change in recreational habits (**19 points**)

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_____ Change in church activities (19 points)
_____ Change in social activities (18 points)
_____ Mortgage or loan under $20,000 (17 points)
_____ Change in sleeping habits (16 points)
_____ Change in number of family gatherings (15 points)
_____ Change in eating habits (15 points)
_____ Vacation (13 points)
_____ Christmas season (12 points)
_____ Minor violations of the law (11 points)

_____ 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 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.

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