

## 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**)

- \_\_\_\_\_ 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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