



**How stressed are you? Life Stress Test..**

**PRINT THIS AND COMPLETE**

**This test is Based on The Holmes and Rahe Stress Scale Test.**

**Indicate which major life changing events have taken place in your life and the amount of years ago.**

**Mark down the points for each event that you have experienced this year or over a maximum of 2 years.**

**For example if you got divorced that would be = 73 points. Retirement would = 45 points. In the year column multiplier if it was two years ago add 2.**

**Example: Divorce in the last two years would be  $73 \times 2 = 146$**

**Complete only relevant changes in your life and after you have finished use your PC calculator to add up your total and find out which stress category you fall under...**

**This will be your Total Life Stress Score.**

LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
1 DEATH OF SPOUSE	100	X	_____ = _____
2 DIVORCE	73	X	_____ = _____
3 MARITAL SEPARATION	65	X	_____ = _____
4 JAIL TERM	63	X	_____ = _____
5 DEATH OF CLOSE FAMILY MEMBER	63	X	_____ = _____
6 MAJOR PERSONAL INJURY OR ILLNESS	53	X	_____ = _____
7 MARRIAGE	50	X	_____ = _____
8 FIRED FROM WORK	47	X	_____ = _____
9 MARITAL RECONCILIATION	45	X	_____ = _____
10 RETIREMENT	45	X	_____ = _____
11 MAJOR CHANGE IN HEALTH OF FAMILY MEMBER	44	X	_____ = _____
12 PREGNANCY	40	X	_____ = _____
13 SEX DIFFICULTIES	39	X	_____ = _____
14 GAIN OF NEW FAMILY MEMBER	39	X	_____ = _____
15 MAJOR BUSINESS READJUSTMENT	39	X	_____ = _____
16 MAJOR CHANGE IN FINANCIAL STATE	38	X	_____ = _____
17 DEATH OF CLOSE FRIEND	37	X	_____ = _____
18 CHANGE TO DIFFERENT LINE OF WORK	36	X	_____ = _____
19 MAJOR CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE	35	X	_____ = _____
20 MORTGAGE OVER \$100,000	31	X	_____ = _____
21 FORCLOSURE OF MORTGAGE OR LOAN	30	X	_____ = _____
22 MAJOR CHANGE IN RESPONSIBILITIES AT WORK	29	X	_____ = _____
23 SON OR DAUGHTER LEAVING HOME	29	X	_____ = _____
24 TROUBLE WITH IN-LAWS	29	X	_____ = _____
25 OUTSTANDING PERSONAL ACHIEVEMENT	28	X	_____ = _____
26 SPOUSE BEGINS OR STOPS WORK	26	X	_____ = _____
27 BEGIN OR END SCHOOL	26	X	_____ = _____
28 MAJOR CHANGE IN LIVING CONDITIONS	25	X	_____ = _____
29 REVISION OF PERSONAL HABITS	24	X	_____ = _____
30 TROUBLE WITH BOSS	23	X	_____ = _____
31 MAJOR CHANGE IN WORK HOURS OR CONDITIONS	20	X	_____ = _____
32 CHANGE IN RESIDENCE OR SCHOOLS	20	X	_____ = _____
33 MAJOR CHANGE IN RECREATION	19	X	_____ = _____
34 MAJOR CHANGE IN CHURCH ACTIVITIES	19	X	_____ = _____
35 MAJOR CHANGE IN SOCIAL ACTIVITIES	18	X	_____ = _____
36 MORTGAGE OR LOAN LESS THAN \$10,000	17	X	_____ = _____
37 MAJOR CHANGE IN SLEEPING HABITS	16	X	_____ = _____
38 MAJOR CHANGE IN NUMBER OF FAMILY GET-TOGETHERS	15	X	_____ = _____
39 MAJOR CHANGE IN EATING HABITS	15	X	_____ = _____
40 VACATIONS , CHRISTMAS	13	X	_____ = _____
41 MINOR VIOLATIONS OF THE LAW	11	X	_____ = _____
YOUR TOTAL			_____

## What your scores mean...

**0-149 Low susceptibility to stress-related illness**

**150-299 Medium susceptibility to stress-related illness. Practice relaxation and stress management skills.**

**300 and over High susceptibility to stress-related illness**

[Relaxation Techniques.](#)