



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.](#)