

STRESS SCALE

How many of the events listed below have you experienced in the past year?

EVENT	POINTS
Death of spouse	100
Severe illness of family member	95
Divorce	73
Physical or sexual violence in home	65
Marital separation	65
Jail term	63
Death of a close family member	63
Personal injury or illness	53
Drug or alcohol problem of family member	50
Marriage	50
Fired or laid off from job	47
Engagement	45
Marital reconciliation	45
Retirement	45
Sexual difficulties	40
Pregnancy	40
Abortion	40
Miscarriage	40
Menopause	40
Gain of new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Increase of arguments with one or more family members	35
Change in number of arguments with spouse	35
Mortgage payment	31
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Wife or husband begin or stop work	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss or coworkers	23
Change in work hours or conditions	20
Change in residence	20
Change in schools	20

STRESS SCALE CONTINUED...

Change in recreation	19
Change in social activities	18
Taking a small loan	17
Change in sleeping habits	16
Change in number of family get togethers	15
Change in eating habits	15
Vacation	13
Christmas	12
Minor violation of the law	11

YOUR TOTAL POINTS _____

If your total number of points exceeds 400, you have been under severe stress and are prone to stress-related illness. It is advised that you seek ways to reduce your stress level.

CONSEQUENCES OF STRESS

	0 Never	1 Sometimes	2 Often
Fatigue	_____	_____	_____
Insomnia or sleep disturbances	_____	_____	_____
Headache	_____	_____	_____
Rapid pulse, palpitations	_____	_____	_____
Neck, shoulder or back pain	_____	_____	_____
Increased perspiration	_____	_____	_____
Diarrhea, constipation, indigestion	_____	_____	_____
Tenseness of muscles, clenched jaw	_____	_____	_____
Abnormal breathing, frequent sighing	_____	_____	_____
Mood changes, depression, anxiety	_____	_____	_____
Impulsive eating, drinking, smoking	_____	_____	_____
Lessening of interest	_____	_____	_____
Difficulty concentrating, forgetfulness	_____	_____	_____
Loss of sense of humor, irritability	_____	_____	_____
Disorganization, unclear perceptions	_____	_____	_____
Increase in accidents	_____	_____	_____

A score of eight or more would indicate significant stress.