

Life Events Stress Test

In the past 12 months, which of the following 43 major life events have taken place in your life? Take this short Life Events Stress Test to see how vulnerable you are to stress-related illness.

Place a check by each life event that you've experienced and then add up the points and total at the bottom.

☐	Death of a spouse	100
☐	Divorce	73
☐	Marital separation or from relationship partner	65
☐	Jail term	63
☐	Death of close family member	63
☐	Personal injury or illness	53
☐	Marriage	50
☐	Fired from work	47
☐	Marital reconciliation	45
☐	Retirement	45
☐	Change in family member's health	44
☐	Pregnancy	40
☐	Sex difficulties	39
☐	Addition to family	39
☐	Business readjustment	39
☐	Change in financial status	38
☐	Death of close friend	37
☐	Change to a different line of work	36
☐	Change in number of marital arguments	35
☐	Major mortgage or loan	31
☐	Foreclosure of mortgage or loan	30
☐	Change in work responsibilities	29
☐	Trouble with in-laws	29
☐	Outstanding personal achievement	28
☐	Spouse begins or stops work	26

___	Starting or finishing school	26
___	Change in living conditions	25
___	Revision of personal habits	24
___	Trouble with boss	23
___	Change in work hours, conditions	20
___	Change in residence	20
___	Change in schools	20
___	Change in recreational habits	19
___	Change in church activities	19
___	Minor mortgage or loan	17
___	Change in sleeping habits	16
___	Change in number of family gatherings	15
___	Change in eating habits	15
___	Vacation	13
___	Christmas season	12
___	Minor violations of the law	11

Your Total Life Stress Score _____

Stress Related Vulnerability to Illness

- 0-149** Low susceptibility to stress-related illness
- 150-299** Medium susceptibility to stress-related illness
- 300 +** High susceptibility to stress-related illness

Any change, even a positive one, is a stress that adds pressure on you. People who experience high levels of stress are vulnerable to stress related illness, especially if they internalize stress as anxiety or have difficulty coping with their stress. Stress related health problems range from mild problems like frequent tension headaches, acid indigestion, loss of sleep to very serious illnesses like ulcers, hypertension, migraines, and cancer. Being overstressed can cause other problems too like anxiety disorders, depression, burn out, and conflicts in relationship.

This Life Events Stress Test is from *Your Best Life in Jesus' Easy Yoke* by Bill Gaultiere.

[1] Psychiatrists Thomas Holmes and Richard Rahe developed the "Holmes and Rahe Stress Scale" in 1967 after examining the medical records of over 5,000 medical patients as a way to determine whether stressful events might cause illnesses. They found a positive correlation as have subsequent research.