# 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.

Permission to reprint the Life Stress Test received from:
Dr. Tim Lowenstein
P.O. Box 127
Port Angeles, WA 98362
www.stressmarket.com