

Life Stress Test

In the past 12 months, which of the following major life events have you experienced? For each event that is relative to your life, mark down the corresponding number of points. When you're done with the whole list, add up your points and compare your score with the answer key found below.

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| <p>___ 100 Death of a spouse/significant other</p> <p>___ 73 Divorce</p> <p>___ 65 Separation from spouse/partner</p> <p>___ 63 Jail term</p> <p>___ 63 Death of close family friend</p> <p>___ 53 Personal illness or injury</p> <p>___ 50 Marriage</p> <p>___ 47 Fired/laid off from work</p> <p>___ 45 marital reconciliation</p> <p>___ 45 Retirement</p> <p>___ 44 Change in family member's health</p> <p>___ 40 Pregnancy</p> <p>___ 39 Sex difficulties</p> <p>___ 39 Addition to family</p> <p>___ 39 Business adjustment</p> <p>___ 38 Change in financial status</p> <p>___ 37 Death of a close friend</p> <p>___ 36 Change to a different line of work</p> <p>___ 35 Change in # of marital arguments</p> <p>___ 31 Mortgage or loan over \$30,000</p> <p>___ 30 Foreclosure of mortgage or loan</p> <p>___ 29 Change in work responsibilities</p> | <p>___ 29 Trouble with in-laws</p> <p>___ 28 outstanding personal achievement</p> <p>___ 26 Spouse begins/stops work</p> <p>___ 26 Starting or finishing school</p> <p>___ 25 Change in living conditions</p> <p>___ 24 Revision of personal habits</p> <p>___ 23 Trouble with boss</p> <p>___ 20 Change in work hours/conditions</p> <p>___ 20 Change in residence</p> <p>___ 20 Change in schools</p> <p>___ 19 Change in recreational habits</p> <p>___ 19 Change in religious activities</p> <p>___ 18 Change in social activities</p> <p>___ 17 Mortgage or loan under \$20,000</p> <p>___ 16 Change in sleeping habits</p> <p>___ 15 Change in # of family gatherings</p> <p>___ 15 Change in eating habits</p> <p>___ 13 Vacation</p> <p>___ 12 Christmas season</p> <p>___ 11 Minor violations of the law</p> <p>___ your total score</p> |
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The scale found below shows the kind of life pressure you are facing. Depending on your coping skills, or the lack thereof, your score may shed light on how likely you are to fall victim to a stress-related illness. The illness could be mild (eg. tension headaches, acid indigestion, loss of sleep) or more serious illnesses (eg. ulcers, heart attacks, strokes, and cancer). **Over stress can contribute to a weak immune system. A weak immune system offers you less natural protection against illness.** Strengthen your immune system by **exercising, getting enough quality sleep and eating balanced, nutritious meals that are high in fiber, fruits and vegetables (check our Nutrition page for more info on this).** Last but not least, make **massage therapy** a regular part of your personal wellness program. **Check our "Rewards Section" for info on how to receive "Frequent Sigher" discounts at Riverbend.**

Life Stress Score Scale:

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|------------------|-------------------|---|
| 0 -149 points | Congratulations! | LOW susceptibility to stress-related illness. Keep up the good work. |
| 150 - 299 points | Caution | MEDIUM susceptibility to stress-related illness. Build more of the immunity boosters mentioned above into your life on a weekly basis. Think "Prevention". |
| 300+ points | RED ALERT! | HIGH susceptibility. Call (860) 436-9901 for support. |

Adapted from the Holmes and Rahe test originally created in 1967