

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.

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

^[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.



To learn more about how to de-stress and grow in God’s peace, pick up a copy of *Your Best Life in Jesus’ Easy Yoke* by Bill Gaultiere.