



MEN'S & WOMEN'S HEALTH ENHANCEMENT

LIFE STRESS SCORE

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. Check your life stress score at the sidebar.

Your Points	Points	Event
	100	Death of spouse
	73	Divorce
	65	Marital or relationship partner separation
	63	Jail term
	63	Death of a close family member
	53	Personal injury or illness
	50	Marriage
	47	Fired from work
	45	Marital reconciliation
	45	Retirement
	44	Change in family member's health
	40	Pregnancy
	39	Sex difficulties
	39	Addition to family
	39	Business readjustment
	38	Change in financial status
	37	Death of close friend
	36	Change to a different line of work
	35	Change in number of marital arguments
	31	Mortgage or loan over \$30,000
	30	Foreclosure of mortgage or loan
	29	Change in work responsibilities

Your Points	Points	Event
	29	Trouble with in-laws
	28	Outstanding personal achievement
	26	Spouse begins or stops work
	26	Starting or finishing school
	25	Change in living conditions
	24	Revision of personal habits
	23	Trouble with boss
	20	Change in work hours, conditions
	20	Change in residence
	20	Change in schools
	19	Change in recreational habits
	19	Change in church activities
	18	Change in social activities
	17	Mortgage or loan under \$20,000
	16	Change in sleeping habits
	15	Change in number of family gatherings
	15	Change in eating habits
	13	Vacation
	12	Christmas season
	11	Minor violations of the law
		Your Total Score

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 lifestyle

300 and Over

High susceptibility to stress-related illness

