



## Calculating Your Stress Level

By adding up the point values of major life events you have experienced in the past year, you can determine your stress level, and evaluate your risk of illness or injury to your physical and mental health.

| Life Event                          | Life Changes | Life Event                                  | Life Changes |
|-------------------------------------|--------------|---|--------------|
| Death of a spouse                   | 100          | Change in job responsibilities or promotion | 29           |
| Divorce                             | 73           | Trouble with in-laws                        | 29           |
| Marital separation                  | 65           | Outstanding personal success                | 28           |
| Deployment                          | 65           | Spouse begins or stops work                 | 26           |
| Jail term or confinement            | 63           | Begin or end school                         | 26           |
| Death of a close family member      | 63           | Change in living conditions                 | 25           |
| Personal illness or injury          | 63           | Change in personal habits                   | 24           |
| Marriage                            | 50           | Trouble with boss                           | 23           |
| Fired from a job                    | 47           | Change in work hours or conditions          | 20           |
| Marital reconciliation              | 45           | Change in residence or relocation           | 20           |
| Reunion                             | 45           | Change in schools                           | 20           |
| Retirement                          | 45           | Change in reaction                          | 19           |
| Health change in a family member    | 44           | Change in spiritual activities              | 19           |
| Pregnancy                           | 40           | Change in social activities                 | 18           |
| Sexual difficulties                 | 39           | Mortgage or loan less than \$50,000         | 17           |
| Gain of a new family member         | 39           | Change in sleep habits                      | 17           |
| Business readjustment               | 39           | Change in the number of family members      | 16           |
| Change in financial state           | 38           | Gatherings                                  | 15           |
| Death of a close friend             | 37           | Change in eating habits                     | 15           |
| Career change                       | 36           | Vacation                                    | 13           |
| More arguments with spouse          | 35           | Holidays                                    | 12           |
| Mortgage or loan more than \$50,000 | 31           | Minor violation of the law                  | 11           |
| Foreclosure                         | 31           |   |              |
| Child leaving home                  | 29           |   |              |

**My Total Stress Level Score** \_\_\_\_\_

**Score 150 (and below):** Congratulations! Your stress level is low for the time being. Your risk of illness or injury related to stress is low (30 percent).

**Score of 150 – 299 (and higher):** You have a borderline stress level. Your risk of illness or injury related to stress is moderate (50 percent). Now is the time to take care of yourself and reduce your stress level.

**Score of 300 (and higher):** You are under a high load of stress. Your risk of illness or injury related to stress is high (80 percent). Take action now to reduce your stress level dramatically.