



TAKE THE STRESS TEST

Certain events are more stressful than others and certain people handle stress better than others. The following test, developed by Drs. Thomas N. Holmes and Richard N. Rahe, measures stress according to 43 "life events". These doctors believe that it is the accumulation of major stressful events that can put any of us over the edge. A person scoring less than 150 has only a 37 % chance of becoming ill; a score of 150 to 300 raises the odds to 51 %; and a score of 300 or above means an 80 % chance of getting ill. To determine your score, check those events that accrued in the past 12 months and then total your score.

| | | |
|---|-------|--------------------------|
| DEATH OF A SPOUSE | 100 | <input type="checkbox"/> |
| DIVORCE | 73 | <input type="checkbox"/> |
| MARITAL SEPARATION | 65 | <input type="checkbox"/> |
| DETENTION IN JAIL OR OTHER INSTITUTION | 63 | <input type="checkbox"/> |
| DEATH OF A CLOSE FAMILY MEMBER | 63 | <input type="checkbox"/> |
| MAJOR PERSONAL INJURY / ILLNESS | 53 | <input type="checkbox"/> |
| MARRIAGE | 50 | <input type="checkbox"/> |
| BEING FIRED FROM WORK | 47 | <input type="checkbox"/> |
| MARITAL RECONCILIATION | 45 | <input type="checkbox"/> |
| RETIREMENT FROM WORK | 45 | <input type="checkbox"/> |
| CHANGE IN HEALTH / BEHAVIOR OF FAMILY MEMBER | 44 | <input type="checkbox"/> |
| PREGNANCY | 39 | <input type="checkbox"/> |
| SEXUAL DIFFICULTIES | 39 | <input type="checkbox"/> |
| GAINING A NEW FAMILY MEMBER | 39 | <input type="checkbox"/> |
| MAJOR BUSINESS ADJUSTMENT | 38 | <input type="checkbox"/> |
| DEATH OF A CLOSE FRIEND | 37 | <input type="checkbox"/> |
| CHANGE TO A DIFFERENT LINE OF WORK | 36 | <input type="checkbox"/> |
| CHANGE IN NUMBER OF ARGUMENTS W/ SPOUSE | 35 | <input type="checkbox"/> |
| TAKING ON MORTGAGE GREATER THAN \$ 10,000 | 31 | <input type="checkbox"/> |
| FORECLOSURE ON MORTGAGE OR LOAN | 30 | <input type="checkbox"/> |
| CHANGE IN RESPONSIBILITIES AT WORK | 29 | <input type="checkbox"/> |
| SON OR DAUGHTER LEAVING HOME | 29 | <input type="checkbox"/> |
| TROUBLE WITH IN-LAWS | 29 | <input type="checkbox"/> |
| OUTSTANDING PERSONAL ACHEIVEMENT | 28 | <input type="checkbox"/> |
| SPOUSE BEGINNING / ENDING WORK | 26 | <input type="checkbox"/> |
| BEGINNING / ENDING FORMAL SCHOOLING | 26 | <input type="checkbox"/> |
| MAJOR CHANGE IN LIVING CONDITIONS | 25 | <input type="checkbox"/> |
| REVISION OF PERSONAL HABITS | 24 | <input type="checkbox"/> |
| DIFFICULTY WITH BOSS | 23 | <input type="checkbox"/> |
| CHANGE IN WORKING HOURS / CONDITIONS | 20 | <input type="checkbox"/> |
| CHANGE IN RESIDENCE | 20 | <input type="checkbox"/> |
| CHANGE TO A NEW SCHOOL | 20 | <input type="checkbox"/> |
| CHANGE IN TYPE / AMOUNT OF RECREATION | 19 | <input type="checkbox"/> |
| CHANGE IN CHURCH ACTIVITIES | 18 | <input type="checkbox"/> |
| CHANGE IN SOCIAL ACTIVITIES | 18 | <input type="checkbox"/> |
| TAKING ON MORTGAGE / LOAN LESS THAN \$ 10,000 | 17 | <input type="checkbox"/> |
| CHANGE IN SLEEPING HABITS | 16 | <input type="checkbox"/> |
| CHANGE IN NUMBER OF FAMILY GET-TOGETHERS | 15 | <input type="checkbox"/> |
| CHANGE IN EATING HABITS | 15 | <input type="checkbox"/> |
| VACATION | 13 | <input type="checkbox"/> |
| CHRISTMAS | 13 | <input type="checkbox"/> |
| MINOR VIOLATION OF THE LAW | 11 | <input type="checkbox"/> |
| TOTAL | _____ | |