

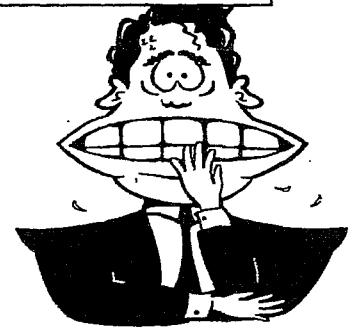
Name: \_\_\_\_\_

Date: \_\_\_\_\_

Pd: \_\_\_\_\_



## Life Changes and Stress



Stress and the effect it has on people is difficult to measure. What causes one person a great deal of stress may hardly affect another person at all. The following chart gives values in "stress points" to certain life changes. **Circle the point value for any of the events listed, that have occurred in your life during the past year. When you have completed the list add up the circled numbers.**

Rank	Event	Points	Rank	Event	Points
1	Death of a parent/guardian	100	20	Death of a pet	60
2	Death of a sister or brother	99	21	Family member's serious illness	58
3	Divorce or separation of parents	98	22	Being seriously sick or hurt	55
4	Death of a grandparent or other close relative	95	23	Arguing with parents	53
5	Death of a friend	94	24	School trouble with teacher or principal	50
6	Getting arrested	85	25	Discomfort and concern about height, weight, acne...etc	45
7	Getting attacked, raped or beaten	84	26	Going to a new School	44
8	Having a drug addiction	83	27	Moving to a new home	43
9	Family member's alcohol/drug problem	82	28	Getting a car	40
10	Getting pregnant/becoming a father	80	29	Change in physical appearance (braces etc.)	39
11	Starting to use alcohol or drugs	75	30	Applying to college	38
12	Making choices about sexual relationships	72	31	Deciding to smoke	37
13	Being robbed	74	32	Having someone, such as grandparents move in	30
14	Losing money you've saved	73	33	Mother's pregnancy	29
15	Breaking up with your girlfriend/boyfriend	70	34	Being honored	28
16	Quitting or being suspended from school	68	35	Dieting	27
17	Pregnancy of a close friend	67	36	Making new friends	25
18	Father or Mother losing a job	66	37	Getting a job	24
19	Finding out you have an STD	65	38	Marriage of a sibling	23

Total \_\_\_\_\_

Score: Over 200

150-199

100-149

Under 100

**Urgent need for stress management (80% chance of illness)**

**Careful stress management (50% chance of illness)**

**Some stress; keep tabs on your mental health (you are at increased risk for illness or injury)**

**No present cause for concern about stress**