

Life Stress Questionnaire

Have you had any of the following things happen to you during the past year? If so, simply circle one of the numbers preceding each of those items. Score only the items which apply to you.

Point Value	Life Event		
15	Change in social activities	35	Loss of a close friend
15	Change in sleeping habits	40	Gain of a new family member
20	Change in residence	40	Sexual difficulties
20	Change in work hours	40	Pregnancy
20	Change in church activities	45	Change in health of family member
25	Tension at work	45	Retirement
25	Small children in the home	50	Loss of job
25	Change in living conditions	50	Change in quality of religious faith
30	Outstanding personal achievement	50	Marriage
30	Problem teenager(s) in the home	50	Personal injury or illness
30	Trouble with in-laws	60	Loss of self-confidence
30	Difficulties with peer group	60	Death of a close family member
30	Son or daughter leaving home	60	Injury to reputation
30	Change in responsibilities at work	65	Trouble with the law
30	Taking over major financial responsibility	65	Marital separation
30	Foreclosure of mortgage or loan	75	Divorce
35	Change in relationship with spouse	100	Death of a spouse
35	Change to different line of work	_____	Grand total

Your total score measures the amount of stress to which you have been subjected.

150 or less-normal.

150-250 – 1/3 chance of illness or accident

250-300 - 50-:50 chance of illness or accident

Above 350 - 75 percent sure of trouble in the months ahead.

Strategies to Reduce Stress

- Aerobic exercise
- Affirmation
- Avoid self-medication
- Sports
- Bicycling
- Biofeedback
- Cry
- Dance
- Develop and maintain a positive attitude
- Do something nice for someone else
- Eat a nutritionally and calorically adequate diet
- Early Riser Technique (maintain "work" routine)
- Gardening
- Get plenty of rest
- Hobbies
- Hot bath or shower
- Hug
- Hypnosis
- Laughter
- Massage
- Meditation
- Muscle relaxation
- Music
- Nap
- Physical activity
- Play games
- Poetry
- Positive self-talk
- Practice temporary insanity
- Prayer
- Progressive relaxation
- Read interesting literature
- Realize your own limitations
- Schedule worry time
- Share your stress (friends, family, teachers, counselors, help lines, psychiatrist, social worker, church official)
- Keep a journal
- Stay organized.
- Take a class
- Take care of yourself
- Take deep breaths
- Time alone
- Visualization
- Volunteer work
- Walking
- Watch a favorite movie
- Watch a funny movie
- Write things out