

Stress test



Shelly Tompkins
NATURAL WOMEN'S HEALTH & FERTILITY

You can rate the stress potential in your own life by running down the list and checking off the values for the stressors that apply to you. Think back over the last 24 months.

LIFE EVENTS	VALUE	YOUR SCORE
Death of a spouse	100	
Divorce	73	
Marital separation	65	
Jail term	63	
Death of a close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired at work	47	
Marital reconciliation	45	
Retirement	45	
Change of health in a family member	44	
Pregnancy	40	
Sex	39	
Gain of new family member	39	
Business adjustment	39	
Change in Financial state	38	
Death of a close friend	37	
Change to a different line of work	36	
Change in number of arguments with spouse	35	
Mortgage over one year's net salary	31	
Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	
Son or daughter leaving home	29	
Trouble with in-laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Begin or end school	26	
Change in living conditions	25	
Revision of personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreation	19	
Change in church activities	19	
Change in social activities	18	
Mortgage or loan less than one years net salary	17	
Change in sleeping habits	16	
Change in the number of family get together's	15	
Change in eating habits	15	
Vacation	13	
Christmas	12	
Minor violations of the law	11	

Enter your total here

If your total is over 300, then you have an 80% probability of a serious change in your health within the next year.