

Managing Stress: Life Change Quiz

Instructions:

Stress is anything that activates or turns on your nervous system. Activation can be thought of as pressing the gas pedal of a car. Our heart rate, blood pressure and breathing increase. Our pupils dilate. Our digestion slows. Blood moves to our arms and legs for quicker movement. Stress can help us respond to an emergency, like moving our car away from another one to avoid an accident. However, long-term stress is harmful and causes damage to our brain and body. Changes (like a divorce, moving to a new home, having a baby, or a change in job responsibilities) can lead to stress. The changes brought on by the Coronavirus Pandemic are another example of stressors. For an inventory of your stress level, take the interactive Life Change Quiz here.

Put a check mark in the second column for each experience you have had in the past year.

Number	Life Event	Check	Points
1	Death of a spouse	<input type="checkbox"/>	100
2	Divorce	<input type="checkbox"/>	73
3	Marital separation	<input type="checkbox"/>	65
4	Jail time	<input type="checkbox"/>	63
5	Death of a close family member	<input type="checkbox"/>	63
6	Major personal injury or illness	<input type="checkbox"/>	53
7	Marriage	<input type="checkbox"/>	50
8	Being fired at work	<input type="checkbox"/>	47
9	Marriage reconciliation	<input type="checkbox"/>	45
10	Retirement	<input type="checkbox"/>	45
11	Change in the health or behavior of a family member	<input type="checkbox"/>	44
12	Pregnancy	<input type="checkbox"/>	40
13	Sex difficulties	<input type="checkbox"/>	39
14	Gaining a new family member (birth, adoption, older adult moving in, etc.)	<input type="checkbox"/>	39
15	Major business readjustment	<input type="checkbox"/>	39
16	Major change in finances (a lot worse or a lot better off than usual)	<input type="checkbox"/>	38

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Number	Life Event	Check	Points
17	Death of a close friend	<input type="checkbox"/>	37
18	Change to a different line of work	<input type="checkbox"/>	36
19	Major change in the number of arguments with spouse (a lot more or a lot less than usual)	<input type="checkbox"/>	35
20	Taking on a mortgage (for home, business, etc.)	<input type="checkbox"/>	31
21	Foreclosure of mortgage or loan	<input type="checkbox"/>	30
22	Major change in responsibilities at work (promotion, transfer, demotion, etc.)	<input type="checkbox"/>	29
23	Child leaving home (marriage, attending college, joined military, etc.)	<input type="checkbox"/>	29
24	Trouble with in-laws	<input type="checkbox"/>	29
25	Outstanding personal achievement	<input type="checkbox"/>	28
26	Spouse begins or stops work	<input type="checkbox"/>	26
27	Begin or end school	<input type="checkbox"/>	26
28	Major change in living conditions (new home, remodeling, deterioration of home, etc.)	<input type="checkbox"/>	25
29	Revisions of personal habits	<input type="checkbox"/>	24
30	Trouble with boss	<input type="checkbox"/>	23
31	Major change in work hours or conditions	<input type="checkbox"/>	20
32	Change in residence	<input type="checkbox"/>	20
33	Change in schools	<input type="checkbox"/>	20
34	Major change in the type of amount of recreation	<input type="checkbox"/>	19
35	Major change in church activities	<input type="checkbox"/>	19
36	Major change in social activities	<input type="checkbox"/>	19
37	Taking on a loan (car, TV, furniture, etc.)	<input type="checkbox"/>	17
38	Major changes in sleeping habits (a lot more or less than usual)	<input type="checkbox"/>	16
39	Major change in number of family get-togethers	<input type="checkbox"/>	15

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Number	Life Event	Check	Points
40	Major change in eating habits (a lot more or less food than usual, or very different meal hours or surroundings)	<input type="checkbox"/>	15
41	Vacation	<input type="checkbox"/>	13
42	Major holidays	<input type="checkbox"/>	12
43	Minor violation of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	<input type="checkbox"/>	11

Your Score: Add together the points for each event checked = _____

Results:

Score less than 150: Your stress level is relatively low.

You have a lower chance of stress-related health problems in the next two years. Keep using your coping skills to manage any new stressors that pop up.

Score of 150 to 299:

You have a moderate or medium level of stress. This means that you have approximately a 50% chance of stress-related health problems in the next two years. Please consider adding stress management tools, like deep breathing, regular physical activity, social connection (in-person or virtually), or grounding exercises. Health Choice can help you connect to a behavioral health professional, a Primary Care Provider, or other health services. For assistance, call us at [1-800-322-8670](tel:1-800-322-8670).

Score above 300:

You have a high level of stress. This means that you have approximately an 80% chance of stress-related health problems in the next two years. Please consider adding stress management tools, like deep breathing, regular physical activity, social connection (in-person or virtually), or grounding exercises. Health Choice can help you connect to a behavioral health professional, a Primary Care Provider, or other health services. For assistance, call us at [1-800-322-8670](tel:1-800-322-8670).

source: T.H.Holmes and T.H. Rahe. "The Social Readjustment Rating Scale," *Journal of Psychosomatic Research*. 11:213, 1967.



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