

## STRESS TEST

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

**Directions:** Read the list below and, for each situation that has occurred to you during the past year, write down the points. Then add up the total and check your score.

- \_\_\_ 100 Death of parent
- \_\_\_ 73 Death of close friend
- \_\_\_ 73 Death of close family member
- \_\_\_ 65 Getting pregnant or getting someone pregnant
- \_\_\_ 65 Parent's divorce
- \_\_\_ 63 Going to jail or reform school
- \_\_\_ 60 Caught using drugs
- \_\_\_ 55 Beginning to use drugs
- \_\_\_ 50 Failing a year of school
- \_\_\_ 50 Major illness or injury
- \_\_\_ 44 Change in health of family member
- \_\_\_ 42 Getting expelled or suspended
- \_\_\_ 39 Pressure to take drugs
- \_\_\_ 39 New baby sibling
- \_\_\_ 39 Trouble with parents
- \_\_\_ 38 Moving to new school
- \_\_\_ 38 New romance
- \_\_\_ 38 Increase in homework
- \_\_\_ 36 Outstanding award or achievement
- \_\_\_ 36 Pressure to have sex
- \_\_\_ 35 Bad report card
- \_\_\_ 35 Argument with teacher
- \_\_\_ 35 Argument with sibling or friend
- \_\_\_ 35 Breakup of a relationship
- \_\_\_ 34 Driver's license test
- \_\_\_ 34 First date
- \_\_\_ 33 Braces
- \_\_\_ 29 Change in sleep habits
- \_\_\_ 28 Making a team
- \_\_\_ 26 First day of school
- \_\_\_ 15 Big change in eating or exercise habits
- \_\_\_ 13 Vacation
- \_\_\_ 12 Winter holidays

### SCORING

My points totalled \_\_\_\_\_

300 and higher:

You've had a very stressful year. Be sure to watch your physical and mental health, and reread tips to de-stress yourself.

150-299:

You have moderate stress in your life. Think about outlets such as exercise to lower stress.

Below 150:

Chances are you have a low risk of developing stress-related health problems. Keep up the good work!

Adapted from THE SOCIAL READJUSTMENT RATINGS

SCALE devised by Drs. T.H. Holmes and R.H. Rahe