

How Does Your Stress Score?

To help you determine how much stress changes in your life may be causing.

Some stress is necessary for life, but too much stress is harmful. A scale has been developed for measuring stress in terms of life's daily events. The chart below is adapted to a teenager's life. To find your score, check the events applying to you during the past 12 months, and look at the point value assigned to that event. The add up your points. A score of 300+ means you have an 80 percent chance of becoming seriously ill.

Event	Point Value	
_____	100	1. Death of parent or other significant adult
_____	73	2. Divorce of parents
_____	65	3. Marital separation of parents
_____	63	4. Jail term for you
_____	63	5. Death of close family member
_____	53	6. Personal injury or illness
_____	50	7. Marriage
_____	47	8. Fired from your full time work
_____	45	9. Marital reconciliation of parents
_____	45	10. Remarriage of parents
_____	44	11. Change in family member's health
_____	40	12. Pregnancy
_____	39	13. Low grades received
_____	39	14. Addition to your family
_____	39	15. Breaking p of a relationship
_____	38	16. A change in your financial status
_____	37	17. Death of a close friend
_____	36	18. Getting a part time job
_____	35	19. Change in the number of family arguments
_____	31	20. Fired from a part time job
_____	30	21. Changing jobs
_____	29	22. A change in work or school responsibilities
_____	29	23. Brother or sister leaving home
_____	29	24. Trouble with parents or siblings
_____	29	25. Outstanding personal achievement
_____	26	26. Trouble with school
_____	26	27. Starting or finishing school
_____	26	28. A change in living conditions
_____	24	29. A change in personal habits
_____	23	30. Trouble with your boss
_____	20	31. Change in working hours, or conditions
_____	20	32. Change in residence

_____	20	33. Change in schools
_____	19	34. Change in your recreational habits
_____	19	35. Change in religious activities
_____	18	36. Change in social activities
_____	17	37. Disagreement with a friend
_____	16	38. Change in sleeping habits
_____	15	39. Change in number of family gatherings
_____	15	40. Change in eating habits
_____	13	41. Vacation
_____	12	42. The Christmas season
_____	11	43. Minor violation of the law
_____	Total Points	

What does this mean to mean?