



WELLNESS WORKSHEET I I

Major Life Events and Stress

To get a feel for the possible health impact of the various recent events or changes in your life, think back over the past year and circle the points listed for each of the events that you experienced during that time.

Health		Home and Family	
An injury or illness that:		Major change in living conditions	42
kept you in bed a week or more,		Change in residence:	
or sent you to the hospital	74	move within the same town or city	25
was less serious than that	44	move to a different town, city, or state	47
Major dental work	26	Change in family get-togethers	25
Major change in eating habits	27	Major change in health or behavior of	
Major change in sleeping habits	26	family member	55
Major change in your usual type		Marriage	50
or amount of recreation	28	Pregnancy	67
		Miscarriage or abortion	65
Work		Gain of a new family member:	
Change to a new type of work	51	birth of a child	66
Change in your work hours or conditions	35	adoption of a child	65
Change in your responsibilities at work:		a relative moving in with you	59
more responsibilities	29	Spouse beginning or ending work	46
fewer responsibilities	21	Child leaving home:	
promotion	31	to attend college	41
demotion	42	due to marriage	41
transfer	32	for other reasons	45
Troubles at work:		Change in arguments with spouse	50
with your boss	29	In-law problems	38
with coworkers	35	Change in marital status of your parents:	
with persons under your supervision	35	divorce	59
other work troubles	28	remarriage	50
Major business adjustment	60	Separation from spouse:	
Retirement	52	due to work	53
Loss of job:		due to marital problems	76
laid off from work	68	Divorce	96
fired from work	79	Birth of grandchild	43
Correspondence course to help you		Death of spouse	119
in your work	18	Death of other family member:	
		child	123
		brother or sister	102
		parent	100

(over)

WELLNESS WORKSHEET II — continued

Personal and Social		Financial	
Change in personal habits	26	Major change in finances:	
Beginning or ending school or college	38	increased income	38
Change of school or college	35	decreased income	60
Change of political beliefs	24	investment or credit difficulties	56
Change in religious beliefs	29	Loss or damage of personal property	43
Change in social activities	27	Moderate purchase	20
Vacation trip	24	Major purchase	37
New, close, personal relationship	37	Foreclosure on a mortgage or loan	58
Engagement to marry	45		
Girlfriend or boyfriend problems	39		
Sexual difficulties	44		
“Falling out” of a close personal relationship	47		
An accident	48		
Minor violation of the law	20		
Being held in jail	75		
Death of a close friend	70		
Major decision about your immediate future	51		
Major personal achievement	36		

Total score: _____

Scoring

Add up your points. A total score of anywhere from about 250 to 500 or so would be considered a moderate amount of stress. If you score higher than that, you may face an increased risk of illness; if you score lower than that, consider yourself fortunate.