



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

| | |
|--|----|
| An injury or illness that: kept you in bed a week or more, or sent you to the hospital | 74 |
| was less serious than that | 44 |
| Major dental work | 26 |
| Major change in eating habits | 27 |
| Major change in sleeping habits | 26 |
| Major change in your usual type or amount of recreation | 28 |

Work

| | |
|---|----|
| Change to a new type of work | 51 |
| Change in your work hours or conditions | 35 |
| Change in your responsibilities at work: | |
| more responsibilities | 29 |
| fewer responsibilities | 21 |
| promotion | 31 |
| demotion | 42 |
| transfer | 32 |
| Troubles at work: | |
| with your boss | 29 |
| with coworkers | 35 |
| with persons under your supervision | 35 |
| other work troubles | 28 |
| Major business adjustment | 60 |
| Retirement | 52 |
| Loss of job: | |
| laid off from work | 68 |
| fired from work | 79 |
| Online course to help you in your work | 18 |

Home and Family

| | |
|--|-----|
| Major change in living conditions | 42 |
| Change in residence: | |
| move within the same town or city | 25 |
| move to a different town, city, or state | 47 |
| Change in family get-togethers | 25 |
| Major change in health or behavior of family member | 55 |
| Marriage | 50 |
| Pregnancy | 67 |
| Miscarriage or abortion | 65 |
| Gain of a new family member: | |
| birth of a child | 66 |
| adoption of a child | 65 |
| a relative moving in with you | 59 |
| Spouse beginning or ending work | 46 |
| Child leaving home: | |
| to attend college | 41 |
| due to marriage | 41 |
| for other reasons | 45 |
| Change in arguments with spouse | 50 |
| In-law problems | 38 |
| Change in marital status of your parents: | |
| divorce | 59 |
| remarriage | 50 |
| Separation from spouse: | |
| due to work | 53 |
| due to marital problems | 76 |
| Divorce | 96 |
| Birth of grandchild | 43 |
| Death of spouse | 119 |
| 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 | | |
| Break-up 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.