

Name _____ Section _____ Date _____

**WELLNESS WORKSHEET II****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 |
| | | Gain of a new family member: | |
| Work | | birth of a child | 66 |
| Change to a new type of work | 51 | adoption of a child | 65 |
| Change in your work hours or conditions | 35 | a relative moving in with you | 59 |
| Change in your responsibilities at work: | | Spouse beginning or ending work | 46 |
| more responsibilities | 29 | Child leaving home: | |
| fewer responsibilities | 21 | to attend college | 41 |
| promotion | 31 | due to marriage | 41 |
| demotion | 42 | for other reasons | 45 |
| transfer | 32 | Change in arguments with spouse | 50 |
| Troubles at work: | | In-law problems | 38 |
| with your boss | 29 | Change in marital status of your parents: | |
| with coworkers | 35 | divorce | 59 |
| with persons under your supervision | 35 | remarriage | 50 |
| other work troubles | 28 | Separation from spouse: | |
| Major business adjustment | 60 | due to work | 53 |
| Retirement | 52 | due to marital problems | 76 |
| Loss of job: | | Divorce | 96 |
| laid off from work | 68 | Birth of grandchild | 43 |
| fired from work | 79 | Death of spouse | 119 |
| Correspondence course to help you | | Death of other family member: | |
| in your work | 18 | 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.