



HOLY Healthy UMC
STEPS TO FAITH BASED HEALTH & WELLNESS

Think Your Life Is Stressful? See If You're Right

(Take the test found at www.health.discovery.com)

This test, based on the work of mental health experts Thomas H. Holmes and Richard H. Rahe, helps you identify the sources and amount of stress you encounter in your life. The following is a list of stress inducing events, in the order of their Life Change Unit (LCU), from high to low. Note all the items that apply to events you have experienced during the last year and add up their LCUs. Then take a look at what you can do about your stress level.

Life Event	LCU	Life Event	LCU
1. Death of spouse	100	23. Children leaving home	29
2. Divorce	73	24. Trouble with in-laws	29
3. Marital Separation	65	25. Outstanding personal achievement	28
4. Jail Term	63	26. Spouse begins or stops work	26
5. Death of a close family member	63	27. Starting or ending school	26
6. Personal injury or illness	53	28. Change in living conditions	25
7. Marriage	50	29. Revision of personal habits (dress, manners, associations)	24
8. Being Fired from work	47	30. Trouble with boss	23
9. Reconciliation with spouse	45	31. Change in work hours, conditions	20
10. Retirement	45	32. Change in residence	20
11. Change in health of family member	44	33. Change in school	20
12. Pregnancy	40	34. Change in recreational activities	19
13. Sexual difficulties	39	35. Change in church activities	19
14. Addition of family member	39	36. Change in social activities	18
15. Major business readjustment	39	37. Mortgage or loan under \$15,000	17
16. Major change in financial state	38	38. Change in sleeping habits	16
17. Death of a close friend	37	39. Change in number of family gatherings	15
18. Changing to a different line of work	36	40. Change in eating habits	15
19. Change in frequency of arguments with spouse	35	41. Vacation	13
20. Mortgage for loan or major purchase over \$ 15,000	31	42. Christmas	12
21. Foreclosure on a mortgage or loan	30	43. Minor violation of the law	11
22. Major change in responsibilities at work	29		

Score

If your total is 0-150:

Congratulations! At the moment, your stress level is low. Your chance of illness or accident related to your stress within two years is low. Any change can lead to stress, even enjoyable activities, such as vacations or new forms of recreation. Want to see what to do to keep your stress low? Learn about methods for [dealing with stress](#).

If your total is 150-300:

Take care of yourself now. You have borderline high stress. Your chance of accident or illness related to your stress within two years is moderate. Recommendation: To reduce your stress, [try some of these methods](#).

If your total is over 300:

Warning: You have a high stress level. Your chance of accident or illness related to your stress during the next two years is great. Stress intervention techniques are strongly urged. [Click here to learn more about stress](#).

<http://health.discovery.com/centers/stress/balancing/stress/assessment.html>