

Personal inventory

Life Changes and Stress

Stress and the effect it will have on people is difficult to measure. What causes one person a great deal of stress may hardly affect another person at all. The following chart gives values in 'stress points' to certain life changes. Accumulating between 150-299 stress points in one year increases a person's chance of getting sick. Whether sickness will actually occur depends on that person. It is not the amount of stress that is important, it is how you respond to it.

<u>Rank</u>	<u>Event</u>	<u>Stress Points</u>	<u>Rank</u>	<u>Event</u>	<u>Stress Points</u>
1.	Death of a parent	98	17.	Parent losing job	69
2.	Death of a sibling	95	18.	Being seriously sick/hurt	64
3.	Death of a friend	92	19.	Arguing with parents	64
4.	Divorce/separation of parents	86	20.	Trouble with teacher or principal	63
5.	Failure in subject/s	86	21.	Discomfort/concern about weight, height or acne	63
6.	Getting arrested	85	22.	Going to a new school	57
7.	Repeating a grade	84	23.	Moving to a new home	51
8.	Family member's alcohol or drug problem	79	24.	Change in physical appear- ance due to braces, glasses	47
9.	Starting to use alcohol/drugs	77	25.	Arguing with sibling	46
10.	Loss or death of a pet	77	26.	Beginning to menstruate	45
11.	Family member's serious illness	77	27.	Deciding to smoke	45
12.	Making choices about sexual relationships	75	28.	Having someone like a grandparent move in	35
13.	Losing money you saved	74	29.	Mother's pregnancy	31
14.	Breaking up with BF/GF	74	30.	Beginning to date	31
15.	Quitting/being suspended from school	73	31.	Making new friends	27
16.	Pregnancy of close friend	69	32.	Marriage of sibling	26

My Total Stress Points for the Past Year: _____