|  |
| --- |
|      http://www.howtobeatstress.com/howtobeatstress.gif                                                                                     |

|  |
| --- |
| [**stress**](http://www.howtobeatstress.com/) **::** [**take a stress test**](http://www.howtobeatstress.com/stress-test.html)**How Bad Are Your Stress Levels?**“The easy way to get stressed – move house, change your job, change your partner or better still, do all of them together”Here is a test to determine how stressed you are. In the past 12-24 months, which of the following major events have taken place in your life?· Death of a spouse - 41· Divorce - 40· Marital separation - 39· Jail term - 38· Death of a close family member - 37· Personal injury or illness -36· Marriage - 35· Fired from work - 34· Marital reconciliation - 33· Retirement - 32· Change in a family member’s health - 31· Pregnancy - 30· Sexual difficulties - 29· Addition to the family - 28· Business changes - 27· Change in finances - 26· Death of a close friend - 25· Changing jobs - 24· Increase in number of marital arguments - 23· Taking out a large mortgage or loan - 22· Foreclosure of a mortgage or loan - 21· Changes in work responsibilities - 20· Trouble with the in-laws - 19· Outstanding personal achievement - 18· Spouse begins or stops work - 17· Starting or finishing school - 16· Changes in living conditions - 15· Changes in personal habits - 14· Trouble with the boss - 13· Changes in working hours and conditions - 12· Moving house - 11· Moving school - 10· Changing recreational habits - 9· Changing church activities - 8· Changing social activities - 7· Changing sleeping habits - 6· Less family gatherings - 5· Change of eating habits - 4· A Vacation - 3· Christmas period - 2· Minor violations of the law - 1These changes are ranked in order of impact on your life. How many of these have you experienced? Add up your score. Above 200, and you very stressed.The maximum you can score is 861. If you scored that much you are a physical and emotional wreck! If you scored less than 10, what are you doing here? http://www.initforlife.com/images/bnr_MF60x60.gif How much stress you experience during life's changes depends a lot on your personality. For example, if you hate insecurity, job changes and money worries will cause you more stress |