

Life Stress Questionnaire

Have you had any of the following things happen to you during the past year? If so, simply circle one of the numbers following each of those items. Score only the items which apply to you.

Job Readiness publications:

- Family Finances: Getting By on Less
- Grooming for Employment
- Problem Solving
- Job Search Issues
- Ability to Follow Directions

Publications available in these topic areas:

- Resumes and Applications
- Interviewing
- Job Search



Life Event	Point Value
Change in social activities.....	15
Change in sleeping habits.....	15
Change in residence	20
Change in work hours	20
Change in church activities	20
Tension at work.....	25
Small children in the home.....	25
Change in living conditions.....	25
Outstanding personal achievement.....	30
Problem teenager(s) in the home	30
Trouble with in-laws.....	30
Difficulties with peer group	30
Son or daughter leaving home	30
Change in responsibilities at work	30
Taking over major financial responsibility.....	30
Foreclosure of mortgage or loan.....	30
Change in relationship with spouse	35
Change to different line of work.....	35
Loss of a close friend	35
Gain of a new family member	40
Sexual difficulties.....	40
Pregnancy.....	40
Change in health of family member	45
Retirement	45
Loss of job.....	50
Change in quality of religious faith.....	50
Marriage.....	50
Personal injury or illness.....	50
Loss of self-confidence.....	60
Death of a close family member	60
Injury to reputation.....	60
Trouble with the law	65
Marital separation	65
Divorce	75
Death of a spouse.....	100

Grand total

Your total score measures the amount of stress to which you have been subjected.

- A score of 150 or less is normal.
- With a score of 150-250, one-third of all persons will experience illness or accident.
- If you scored 250-300, you have a 50:50 chance of accident or illness.
- Above a score of 350, you may be 75 percent sure of trouble in the months ahead.

- Aerobic exercise
- Affirmation
- Avoid self-medication
- Basketball
- Bicycling
- Bioenergetics
- Biofeedback
- Cry
- Dance
- Develop and maintain a positive attitude
- Do something nice for someone else
- Eat a nutritionally and calorically adequate diet
- Early Riser Technique (maintain "work" routine)
- Floatation
- Gardening
- Get plenty of rest
- Golf
- Handball
- Hobbies
- Hot bath or shower
- Hug
- Hypnosis
- Jog
- Jump rope
- Laughter
- Massage
- Meditation
- Muscle relaxation
- Music
- Nap
- Physical activity
- Play games
- Poetry
- Positive self-talk
- Practice temporary insanity
- Prayer
- Progressive relaxation
- Racquetball
- Read interesting literature
- Realize your own limitations
- Rollerskate
- Schedule worry time
- Share your stress (friends, family, teachers, counselors, help lines, psychiatrist, social worker, church official)
- Sign a contract with yourself! Commit! read the contract regularly! ... and DO IT!
- Stay organized. Set priorities. Make "to do" lists. Eliminate time wasters.
- Swim
- Table tennis
- Take a class
- Take care of yourself
- Take deep breaths
- Tennis
- Time alone
- Transcendental meditation
- Visualization
- Volunteer work
- Walking
- Watch a favorite movie
- Watch a funny movie
- Write things out
- Yoga
- Zen



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