

Assess your stress

Do you feel stressed out? Use the *Holmes and Rahe Stress Scale* to see how much stress is affecting your health. This assessment was developed by two mental health experts to determine whether stressful life events cause illnesses.

Put a check mark by the *Life Events* that you've experienced in the past year. Once you have completed the scale, tally your *Life Change Units*. Compare your total score with results on the following page.

Life Event	Event Affects You	Life Change Units
Death of a spouse/partner		100
Divorce		73
Marital separation		65
Imprisonment		63
Death of close relative		63
Personal injury or illness		53
Marriage		50
Dismissal from work		47
Re-uniting with marriage partner		45
Retirement		45
Change in the health of a family member		44
Pregnancy		40
Sexual problems		39
Gain a new family member		39
Business readjustment		39
Change of financial status		38
Change in frequency of arguments		35
Major/large mortgage		32
Foreclosure of mortgage or loan		30
Change in responsibilities at work		29
Child leaving home		29
Trouble with In-laws		29

Life Event	Event Affects You	Life Change Units
Outstanding personal achievements		28
Spouse/partner starts or stops work		26
Begin or end school		26
Change in living conditions		25
Change in personal habits		24
Trouble with boss		23
Change in working hours or conditions		20
Change in residence		20
Change in schools		20
Change in recreation		19
Change in church activities		19
Change in social activities		18
Minor mortgage or loan		17
Change in sleeping habits		16
Change in number of family reunions		15
Change in eating habits		15
Vacation		13
Christmas season		12
Minor violation of law		11
Your Total Life Change Units =		



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Compare your results



Score of less than 150: Your stress level is low, which means your chance of getting a stress-related illness within the next couple of years is low. Keep in mind that any change in your life could increase your stress level, so continue to practice stress management techniques.

Score of 150-299: You have borderline stress, so it's time to start taking care of yourself. Your stress level puts you at risk for developing stress-related illnesses within the next year or two. Start using management techniques to help lower your stress. Find helpful resources from Blue Access® for Members. The Personal Health Manager's *Ask A Life Coach* feature can provide additional support and answers to stress-related questions.

Score of 300 or more: Your stress level is high, and your chance of getting stress-related illnesses is great. Please discuss results of this assessment with your doctor.

Taking this quiz can give you some insight into potential stress-related risks that affect your health and well-being. But keep in mind, these are just predictions—they're not absolute. Health changes stem from various factors, including how significant those life events are to you, your ability to cope with change and the available support through family, work and friends.