

Stress Index

How stressed out are you, right now? Circle the number which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page.

Less True		More True			Statement
1	2	3	4	5	A close family member died in the past 12 months.
1	2	3	4	5	I moved to a new town in the past 12 months.
1	2	3	4	5	I changed jobs in the past 12 months.
1	2	3	4	5	My son or daughter left home in the past 12 months.
1	2	3	4	5	A close friend or family member who is ill depends on you for care.
1	2	3	4	5	I have had a major health problem in the past 12 months.
1	2	3	4	5	A close relationship ended in the past 12 months.
1	2	3	4	5	I lost my job or retired in the past 12 months.
1	2	3	4	5	I got promoted or changed jobs in the past 12 months.
1	2	3	4	5	I have more responsibility at work.
1	2	3	4	5	I got married in the past 12 months.
1	2	3	4	5	I manage a team at work.
1	2	3	4	5	I took on a lot of debt in the past 12 months.
1	2	3	4	5	I got divorced or separated in the past 12 months.
1	2	3	4	5	I lost a lot of money in the past 12 months.
1	2	3	4	5	I have ongoing marital problems.
1	2	3	4	5	I have ongoing sexual problems.
1	2	3	4	5	I have ongoing financial problems.
1	2	3	4	5	I have ongoing trouble with friends or relatives.
1	2	3	4	5	I have ongoing problems meeting family demands.
1	2	3	4	5	I have ongoing pressure at work or school.
1	2	3	4	5	I have ongoing pressure with emotional problems.
1	2	3	4	5	I am constantly facing do-or-die deadlines.
					Total score (add up all numbers)

SCORING KEY

- 20–35 Virtually stress free
- 36–50 Somewhat stressed
- 51–75 Stressed—watch out
- 76–100 Super stressed—reduce all pressures in your life or someone will be calling 911