

Instructions: Circle the numbers below that apply. Once completed, add up your score. The results will be shown at the GRIEF Talk - Stressing in GRIEF. NOTE: This scale is flexible beyond 12 months. If more than 12 months has passed - give it at least 50% of the number below if you feel stressed. Example: 100 would be 50, or maybe it is still 100. We are all different, but this can help us see areas of stress in our lives and how it impacts our overall health and well-being. All items are out of 100, so feel free to add in your own number.

Stress Scale (changes in past 12 months)

- 100.....Death of a Spouse or Child
- 60.....Divorce, Major Breakup/Separation from living partner
- 60.....Bankruptcy, custody battle or major legal battle, jail term, probation
- 60.....Death of close family member (other than spouse)
- 45.....Serious Personal Injury or Illness, major hormonal changes
- 45.....Marriage or establishing Life Partnership
- 45.....Fired or Laid off at Work
- 40.....Marriage or Relationship Reconciliation
- 40.....Retirement
- 40.....Change in health in immediate family member
- 35.....Work more than 40 hours per week
- 35.....Pregnancy (or causing pregnancy)
- 35.....Sex difficulties
- 35.....Gain of new family member
- 35.....Business or work role change
- 35.....Change in financial state (better or worse)
- 30.....Death of a close friend (not a family member)
- 30.....Change in number of arguments with spouse or life partner
- 30.....Moving to a new residence
- 25.....Mortgage or Loan for a Major Purpose
- 25.....Foreclosure of Mortgage or Loan
- 25.....Sleep less than 8 hours per night
- 25.....Change in responsibilities at work
- 25.....Trouble with children or in-laws
- 25.....Outstanding personal achievement
- 20.....Spouse/Life Partner begins or stops work
- 20.....Begin or end school
- 20.....Change in living conditions (remodel, visitors, change roommate)
- 20.....Change in personal habits (diet, exercise, smoking etc.)
- 20.....Chronic allergies
- 20.....Trouble with boss or at work
- 15.....Change in work hours or conditions
- 15.....Change in schools
- 15.....Change in religious activities
- 15.....Change in social activities (more or less than before)
- 10.....Minor financial loan
- 10.....Change in frequency of family get-togethers
- 5.....Minor violation of the law (speeding ticket, car accident etc.)

_____ YOUR TOTAL SCORE

Red zone: 250 or more. Danger. Orange zone: 150+ Caution. Green zone: 149 or less

Results of Red, Orange, and Green will be provided during the TALK.