

Life Event Stress Scale

In the past 12 months, which of the following *major life events* have taken place in your life?

- Make a check mark next to each event that you have experienced this year
- When you are done, add up the points for each event.
- Calculate your score at the end.

Event	Stress Scores
<input type="checkbox"/> Death or near death of a Spouse	100
<input type="checkbox"/> Divorce	73
<input type="checkbox"/> Marital Separation	65
<input type="checkbox"/> Jail Term	63
<input type="checkbox"/> Death of close family member	63
<input type="checkbox"/> Personal injury or illness	53
<input type="checkbox"/> Marriage	50
<input type="checkbox"/> Fired from work	47
<input type="checkbox"/> Marital reconciliation	45
<input type="checkbox"/> Retirement	45
<input type="checkbox"/> Change in family member's health	44
<input type="checkbox"/> Pregnancy	40
<input type="checkbox"/> Sex difficulties	39
<input type="checkbox"/> Addition to family	39
<input type="checkbox"/> Business readjustment	39
<input type="checkbox"/> Change in financial status	38
<input type="checkbox"/> Death of close friend	37
<input type="checkbox"/> Change to a different line of work	36
<input type="checkbox"/> Change in number of marital arguments	35
<input type="checkbox"/> Mortgage or loan over \$10,000	31
<input type="checkbox"/> Foreclosure of mortgage or loan	30
<input type="checkbox"/> Change in work responsibilities	29
<input type="checkbox"/> Trouble with in-laws	29
<input type="checkbox"/> Outstanding personal achievement	28

<input type="checkbox"/> Spouse begins or stops work	26
<input type="checkbox"/> Starting or finishing school	26
<input type="checkbox"/> Change in living conditions	25
<input type="checkbox"/> Revision of personal habits	24
<input type="checkbox"/> Trouble with boss	23
<input type="checkbox"/> Change in work hours, conditions	20
<input type="checkbox"/> Change in residence	20
<input type="checkbox"/> Change in schools	20
<input type="checkbox"/> Change in recreational habits	19
<input type="checkbox"/> Change in church activities	19
<input type="checkbox"/> Change in social activities	18
<input type="checkbox"/> Mortgage or loan under \$10,000	17
<input type="checkbox"/> Change in sleeping habits	16
<input type="checkbox"/> Change in number of family gatherings	15
<input type="checkbox"/> Change in eating habits	15
<input type="checkbox"/> Holiday	13
<input type="checkbox"/> Christmas season	12
<input type="checkbox"/> Minor violation of the law	11

CALCULATE

Your total score: _____

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will that you will fall victim to a stress related illness. The illness could be mild-frequent tension headaches, acid indigestion, loss of sleep to more serious problems like ulcers, migraines, lower back pain, etc.

SCORE SCALE:

0-149	Low susceptibility to stress-related illness
150-299	Medium susceptibility to stress-related illness
300 and over	High susceptibility to stress-related illness

<http://www.huntingtonhospital.com/workfiles/lifeeventstressscale.pdf>

What causes you to experience stress symptoms?

Take some time to think about the things that cause you stress. Your stress may be linked to external factors such as:

- the state of the world, the country, or any community to which you belong
- unpredictable events
- the environment in which you live or work
- work itself
- family

Stress can also come from your own:

- irresponsible behavior
- poor health habits
- negative attitudes and feelings
- unrealistic expectations
- perfectionism

What are the signs and symptoms of stress?

Intellectual and Physical Symptoms:

Intellectual symptoms: How stress can affect your mind

- problems with memory
- difficulty making decisions
- inability to concentrate, shortened attention span
- confusion
- repetitive or continual thoughts
- misunderstanding of what others tell you
- poor judgment
- thoughts of escaping, running away
- inability to slow down thought process
- loss of objectivity

Physical symptoms: How stress can affect your body

- headaches
- digestive disorders
- muscle tension and pain
- sleep disturbances
- fatigue
- chest pain, irregular heartbeat
- high blood pressure
- weight gain or loss
- hair loss
- asthma or shortness of breath
- skin problems
- periodontal disease, jaw pain
- reproductive problems, such as missed periods
- immune system suppression
- sweatiness

What are the signs and symptoms of stress?

Emotional and Behavioral Symptoms:

Emotional symptoms: What stress can make you feel

- less interest in hobbies or fun
- sudden shifts in mood
- frequent uneasiness, restlessness
- frustration
- anger, resentment
- unwarranted jealousy
- quick irritability with others
- oversensitivity
- overreaction to unexpected situations or events
- sense of being overwhelmed or swamped
- anxiety
- increased fear of failure
- inadequacy, reduced confidence
- depression
- apathy
- desire to cry

Behavioral symptoms: What stress can make you do

- eat more or less
- sleep too much or too little
- isolate yourself from others, including people close to you
- stay home from work or stay at work extended hours
- increase use of tobacco, alcohol, drugs, caffeine
- have sex more or less
- engage in nervous habits such as nail biting, hair twisting, pacing
- grind your teeth
- laugh or cry at inappropriate times
- overdo activities such as exercising or shopping
- become bossy or inflexible with others
- lose your temper
- argue with people
- become violent
- take inappropriate risks
- exhibit road rage

What are the long-term effects of stress?

Stress is a contributor to very serious physical and psychological conditions including:

- heart disease
- cancer
- diabetes
- depression
- obesity
- anorexia nervosa
- substance abuse
- ulcers
- irritable bowel syndrome
- memory loss
- child, elder, and sexual abuse

Hope Replenishing System Questions

Directions: On the lines below, please mark a “Y” for Yes or an “N” for No when answering each question.

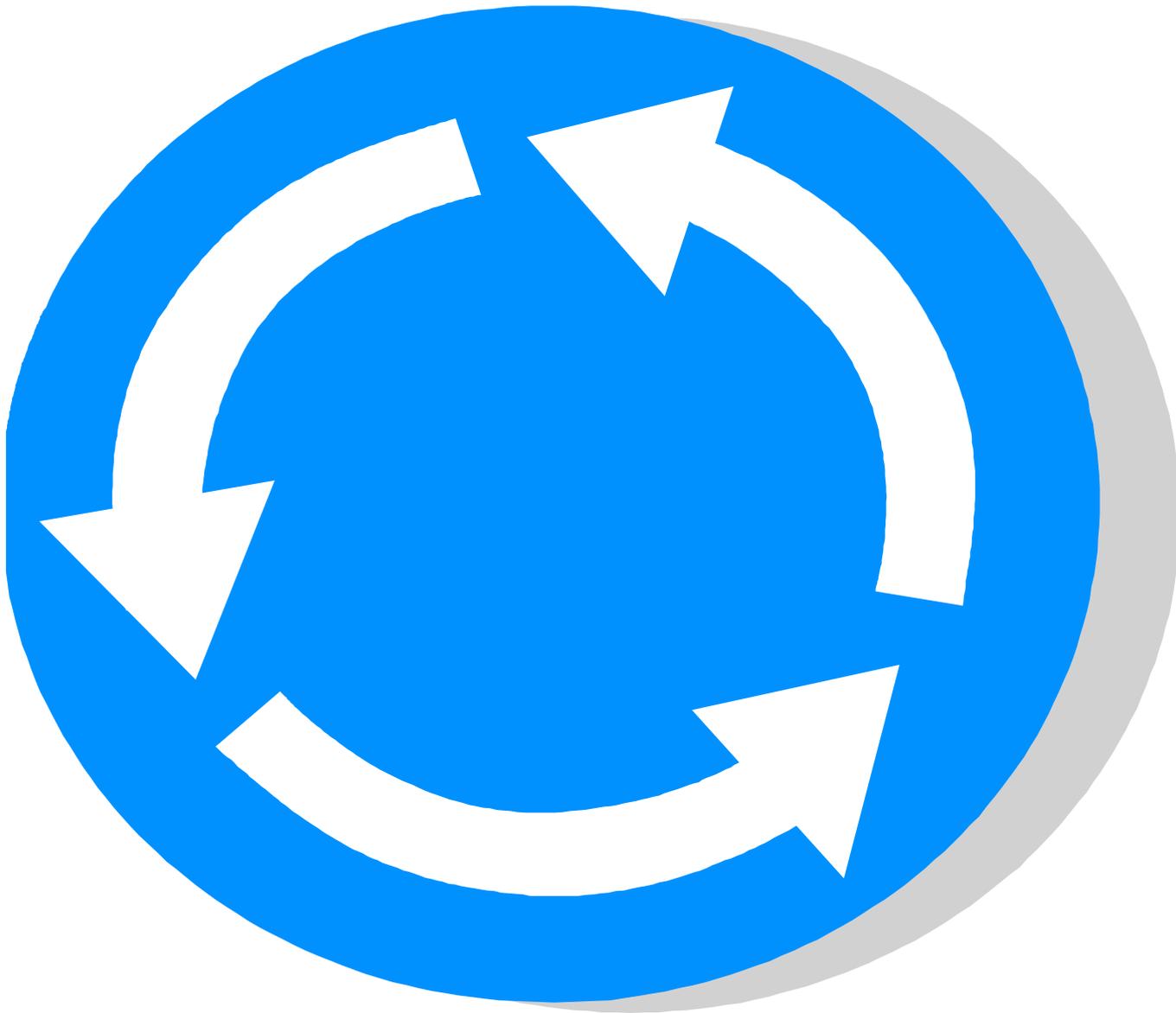
1. _____ Within in the last three weeks have you read a good book or gone to a movie?
2. _____ Have you had a vacation in the last year?
3. _____ Within the last week have you had a good belly laugh?
4. _____ Within the last month have you worked on a creative project?
5. _____ Within the last three months, have you spent money on yourself?
6. _____ Within the last week have you exercised?
7. _____ Within the next 6 months, have you planned something that you are looking forward to doing?
8. _____ Within the last month have you had a long chat with a good friend?
9. _____ Within the last week have you had a nap or slept in?
10. _____ Within the last month have you allowed yourself to have a good cry?
11. _____ Within the last two weeks have you delegated one of your work tasks to a helper?
12. _____ Within the last week have you done nothing at all for a little while?
13. _____ Within the last week have you attended a spiritual or worship activity?
14. _____ Within the last month have you pampered yourself with a good bath, haircut, manicure, or a pedicure.
15. _____ Within in the last month have you had a break, respite, long weekend, or a week off?

Number you answered yes to.

15=100%	You're cool as a cucumber
14=93%	
13=87%	Your're Peachy
12=80%	You're mixed fruit, a fruit salad, or a fruit medley
11=73%	
10=67%	You're a prickly pear, or a lemon.
9=60%	
8= 53%	You're a bad apple, squashed out applesauce, bananas.

CIRCLE OF HOPE

What do you do to stay hopeful?
Who in your life helps you stay hopeful?
What in your life helps you stay hopeful?



Surround yourself with people who encourage you.
Who and what makes you feel good? Keeps you healthy?

101 Self-Nurturing Ideas

1. Take a nap.
2. Go for a quiet walk.
3. Read a good book.
4. Listen to some of your favorite music.
5. Talk with a friend.
6. Take a long, warm bath.
7. Reach out and touch someone you care about- get or give a hug.
8. Meditate or pray.
9. Exercise.
10. Eat a healthy snack.
11. Quiet yourself and listen to the silence.
12. Sit back, breathe deep, and relax for 15-20 minutes.
13. Talk positively to yourself.
14. Daydream or fantasize about something.
15. Buy yourself a special gift.
16. Take a vacation.
17. Laugh.
18. Cry.
19. Stretch all of the stress out of your muscles.
20. List your successes and accomplishments.
21. List your positive attributes.
22. Identify the people who care about you.
23. Attend a support group.
24. Take the time to smell the flowers,
25. Write a poem or other creative piece.
26. Sing a happy song.
27. Skip down the hall/street.
28. Go to a good movie.
29. Attend an exciting athletic event.
30. Write your thoughts and feeling in a journal or diary.
31. Make something for yourself.
32. Pet an animal.
33. Send yourself a bouquet of flowers.
34. Watch your favorite T.V. show.
35. Go to a museum or art gallery.
36. Try something new.
37. Work in your garden.

38. Go for a bike ride.
39. Draw or paint or sculpt.
40. Relax in a hot tub or sauna.
41. Go to a concert.
42. Do some yoga.
43. Give thanks for all of the blessings in your life.
44. Read a positive book or article or listen to a self-affirming/inspirational tape.
45. Play like a child in a sandbox or at a playground.
46. Buy yourself a toy.
47. Visit your favorite park or spot in the woods.
48. Go on a spontaneous picnic.
49. Enjoy a hot cup of tea, cocoa, or coffee.
50. Look in the mirror and say, "I love you. You're great."
51. Dance.
52. Forgive someone- including yourself.
53. Reflect on some of your most enjoyable experiences.
54. Go out to eat at your favorite restaurant.
55. Go to church.
56. Let someone take care of you for an hour or two or a day.
57. Sleep in.
58. Treat yourself to a massage.
59. Soak your feet in warm water.
60. Play a sport or game you enjoy.
61. Remember compliments others have given you.
62. Write a story about who you are or make a collage of the real you.
63. Take 5 minutes and brag about yourself.
64. Create several affirmations about yourself that you can repeat when you need to uplift yourself.
65. Identify and write out your own life purpose or mission statement- what you believe your life to be about.
66. Send yourself a card.
67. Go for a scenic drive.
68. Write a letter to someone you've been meaning to contact.
69. List your goals for the next 5 years.
70. Say something positive about yourself and the day you are going to have as soon as you wake up.

71. Before you go to sleep, think about your day and congratulate yourself for your successes and forgive yourself for your mistakes.
72. Breathe in to relieve any body tension you feel and let it go.
73. Ask for help/support/nurturing.
74. Tighten all your muscles, then loosen them and relax.
75. Put a heating pad on your back.
76. Believe in your decisions.
77. Stand or sit in a confident posture.
78. Listen to someone else.
79. Say "NO".
80. Give yourself a pep talk or let someone else give you one.
81. See yourself handling a situation in a positive and effective way.
82. Take time to do nothing.
83. Tell yourself a joke.
84. Tell a funny story about yourself.
85. Window shop.
86. Attend a class or workshop on a topic of interest.
87. Go to bed early.
88. Trust yourself.
89. Don't worry.
90. Lower your expectations of yourself.
91. Go watch children play at a park.
92. Swim or float in a pool.
93. Sunbathe or relax in the sun's warmth.
94. Drink a cool refreshment.
95. Get a facial, manicure or pedicure.
96. Phone a friend on your birthday- collect.
97. Keep a good picture of yourself (and loved ones) on display.
98. Thank yourself each day for all you made it through.
99. Water/tend to houseplants.
100. Play a musical instrument.
101. Add to this list.

30 Things That Replenish You

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

Deep Breathing

Take five or ten minutes once or twice a day to practice the abdominal breathing method below until it becomes habitual. Just before lunch and sometime in the last afternoon when you begin to slump are good times. It is best to practice seated upright. Once this breathing becomes routine, it can be used to reverse the stress response whenever it is triggered.

For practice purposes, place your hands on your abdomen, right below the navel. The fingertips of each hand should touch one another.

Breathe through your nose; many people habitually breathe through their mouths, an almost sure sign of stress over-load, and not nearly as healthy.

Inhale very slowly; as you do, push the abdomen out as though it were a balloon expanding. Your fingers should separate.

As the abdomen expands, your diaphragm will move downward, allowing fresh air to enter bottom part of the lungs. Keeping your back straight will aid the process of maximizing inhalation.

As the breath continues, expand the chest. More air should now enter, filling the middle part of the lungs.

Slightly contracting the abdomen, raise your shoulders and collarbones. This should fill the upper part of the lungs.

At this point, the entire respiratory mechanism has been employed and no portion of the lungs is left unfilled. Hold the breath for about five seconds.

Exhalation is as important as inhalation. Proper exhalation not only expels all used air, it opens space for fresh new air to enter. After holding the breath, begin slowly to exhale through the nose. As you do so, draw in the abdomen.

This will lift the diaphragm. The expanded rib cage will return to its normal position, and the lungs will empty.

Remember to exhale slowly; and let all the air empty out. If comfortable, hold it a second or two before beginning the inhalation again. When you resume, remember to inhale slowly and completely. Repeating the word “calm” or “relax” as you exhale is also helpful.

Your first few practice sessions may leave you with a slight dizzy feeling. That is normal. Don't strain to retain the breath or go any slower than is comfortable.

Center for Adolescent Development