

TEEN STRESS TEST

Below are life events which you may have experienced. To the left of each event is a value. If you experienced that event in the **past year**, write that number on the line to the right. If the event happened more than once, multiply for each occurrence. When you're finished, total your score and turn to the next page to see what it means.

<u>Value</u>	<u>Life Event</u>	<u>Score</u>
100	Parent died	_____
73	Parents divorced	_____
65	Parents separated	_____
63	Parents travel as part of a job	_____
63	Close family member or friend died	_____
53	Personal illness or injury	_____
50	Parent remarries	_____
47	Parent fired from job	_____
45	Parents get back together	_____
45	Mother starts working	_____
44	Change in health of family member	_____
42	Charged with major violation of the law	_____
40	Mother became pregnant	_____
39	Trouble at school	_____
39	Changed teachers or classes	_____
39	Birth of sister or brother	_____
38	Change in family's financial situation	_____
37	Illness or injury of a close friend	_____
36	Start or change in extracurricular activity	_____
35	Change in number of fights with siblings	_____
31	Threatened by violence at school	_____
30	Theft of personal achievement	_____
29	Changes in responsibility at home	_____
28	Older brother or sister leaves home	_____
26	Trouble with grandparents	_____
25	Outstanding personal achievement	_____
24	Move to another city	_____
23	Trouble with a teacher	_____
20	Change in school hours	_____
20	New boy / girl friend	_____
20	Change to new school	_____
19	Change in recreation	_____
19	Vacation with family	_____
18	Changes with friends	_____
16	Changes in sleeping habits	_____
15	Changes in eating habits	_____
13	Change in hours of TV viewing	_____
12	Major holiday	_____
11	Minor law violation / major family rule violation	_____
	TOTAL SCORE	_____

INTERPRETING YOUR SCORE

0 - 49 VERY LOW SCORES

If you scored at the extreme low end of this range, you may have misread the directions, please check again. Most people have experienced at least a few of these statements. For example, everyone had at least one major holiday in the past year; most people will have a change in eating or sleeping habits, a change in recreation or extracurricular activities. Make sure you have completed the test correctly. If your score is very low you might think about increasing the amount of activity in your life, not all stress is bad.

50 - 99 LOW SCORES

You are experiencing very little stress and may also want to think about taking on more responsibilities. This will help your self-esteem and will produce some positive stress in your life.

100 - 199 LOW SCORES

If you scored near the upper end, you could be experiencing some mild stress. You may be able to handle it on your own. However, if you do not feel that you are handling the stress in your life as well as you would like to, some of the suggestions listed for others score levels may be helpful.

200 - 299 MEDIUM SCORES

If you scored in this range, you are probably experiencing moderate levels of stress. You need to familiarize yourself with stress reduction techniques and begin practicing those which are most effective for you. Also look for ways to change those items that you do have some control over.

Above 300 HIGH SCORES

If you scored above 300, you are very likely experiencing extreme levels of stress in your life. You may find it useful to look back over the inventory and notice what specific feelings and events accounted for your high point score. Regardless of what is causing your current stress level, it is important for you to do two things. First, try to avoid any additional stress until you feel more in control of your life. Second, seek help from a family member, your family doctor, school counselor, youth leader; in other words, an adult that you can trust. They can help you learn about ways to reduce stress and talk about what is causing stress for you.

Remember you are not alone. Other youth are experiencing stress; maybe the same as you or maybe difference.

Isaiah 41:13

I am the LORD your God.
I am holding your hand,
so don't be afraid.
I am here to help you.