



# Stress Gauges

## Stress Gauge One: Life Change Index

**Directions:** If an event listed below has occurred in the past year or is expected in the near future, circle the impact number. If the event has occurred or is expected to occur more than once, multiply the impact number by the frequency of the event.

Event	Impact	Tabulation
Death of a spouse	100	
Divorce	73	
Marital separation	65	
Jail term	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired at work	47	
Marital reconciliation	45	
Retirement.	45	
Change in health of family member	44	
Pregnancy	40	
Sex difficulties	39	
Gain of a new family member	39	
Business readjustment.	39	
Change in financial state	38	
Death of a close friend	37	
Change to a different line of work	36	
Change in number of argument with spouse	35	
Mortgage over \$80,000	31	
Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	
Son or daughter leaving home	29	
Trouble with in-laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Begin or end school.	26	
Change in living conditions	20	
Revision of personal habits	24	
Trouble with boss	23	
Change in work 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	
Mortgage or loan less than \$80,000	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Vacation	13	
Christmas approaching	12	
Minor violations of the law	11	

**Total :** \_\_\_\_\_

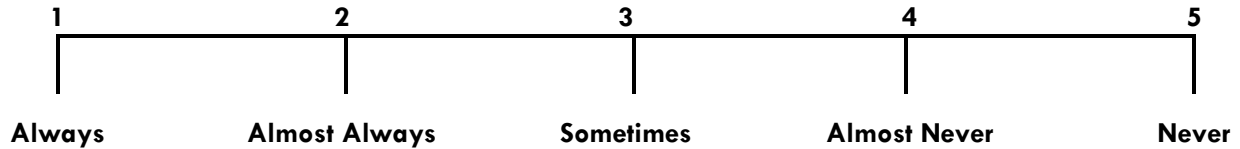
### ***Scoring the Life Change Index***

The body is a finely tuned instrument that does not like surprises. Any sudden change in stimuli which affects the body, or the reordering of important routines that the body has become used to, can cause needless stress, throwing your whole physical being into turmoil. The following chart will give you some idea of how to informally score yourself on the Social Readjustment Scale. Since being healthy is the optimum state you want to achieve, being sick is the state of being what you most want to avoid.

Life Change Units	Likelihood Of Illness In The Near Future
300 or more	About 80 percent
150-299	About 50 percent
Less than 150	About 30 percent

The higher your life change score, the harder you have to work to get yourself back in the state of good health.

**T.H. Holmes and T.H. Rahe. "The Social Readjustment Rating Scale," Journal of Psychosomatic Research. 11:213.**

**Stress Gauge Two: Lifestyle Survey**

- \_\_\_\_\_ 1. I eat at least one hot, balanced meal a day.
- \_\_\_\_\_ 2. I get seven to eight hours of sleep at least four nights a week.
- \_\_\_\_\_ 3. I give and receive affection regularly.
- \_\_\_\_\_ 4. I have at least one relative within 50 miles on whom I can rely.
- \_\_\_\_\_ 5. I exercise to the point of perspiration at least twice a week.
- \_\_\_\_\_ 6. I smoke less than half a pack of cigarettes a day.
- \_\_\_\_\_ 7. I take fewer than five alcoholic drinks a week.
- \_\_\_\_\_ 8. I am the appropriate weight for my height
- \_\_\_\_\_ 9. I have an income adequate to meet basic expenses.
- \_\_\_\_\_ 10. I get strength from my religious beliefs.
- \_\_\_\_\_ 11. I regularly attend club or social activities.
- \_\_\_\_\_ 12. I have a network of friends and acquaintances.
- \_\_\_\_\_ 13. I have one or more friends to confide in about personal matters.
- \_\_\_\_\_ 14. I am in good health (including eyesight, hearing, and teeth).
- \_\_\_\_\_ 15. I am able to speak openly about my feelings when angry or worried.
- \_\_\_\_\_ 16. I have regular conversations with the people I live with about domestic problems (e.g. chores, money, and daily living issues).
- \_\_\_\_\_ 17. I do something for fun at least once a week.
- \_\_\_\_\_ 18. I am able to organize my time effectively.
- \_\_\_\_\_ 19. I drink fewer than three cups of coffee (or tea or cola) a day.
- \_\_\_\_\_ 20. I take quiet time for myself during the day.

_____ <b>Subtotal</b>	Interpretation: <b>0-24:</b> Slightly vulnerable
_____ <b>- 20</b>	<b>25-49:</b> Somewhat vulnerable
_____ <b>Total Score</b>	<b>50-75:</b> Seriously vulnerable
	<b>75+:</b> Extremely vulnerable

"Vulnerability Scale," The Stress Audit. Developed by Lyle H. Miller and Alma Dell Smith. Copyright Biobehavioral Associates, Reprinted by permission.

### Stress Gauge Three: Tolerance Survey

Hardiness rating scale:

0 = Strongly Disagree

1 = Mildly Disagree

2 = Mildly Agree

3 = Strongly Agree

- \_\_\_\_\_ A. Trying my best at work makes a difference.
- \_\_\_\_\_ B. Trusting to fate is sometimes all I can do in a relationship.
- \_\_\_\_\_ C. I often wake up eager to start on the day's projects.
- \_\_\_\_\_ D. Thinking that I am a free person leads to great frustration and difficulty.
- \_\_\_\_\_ E. I would be willing to sacrifice financial security at work if something really challenging came along.
- \_\_\_\_\_ F. It bothers me when I have to deviate from the routine or schedule I've set for myself.
- \_\_\_\_\_ G. An average citizen can have an impact on politics.
- \_\_\_\_\_ H. Without the right breaks, it is hard to be successful in my field.
- \_\_\_\_\_ I. I know why I am doing what I'm doing at work.
- \_\_\_\_\_ J. Getting close to people puts me at risk of being obligated to them.
- \_\_\_\_\_ K. Encountering new situations is an important priority in my life.
- \_\_\_\_\_ L. I really don't mind when I have nothing to do.

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Control	Commitment	Challenge

Control

+

Commitment

+

Challenge

=

Hardiness

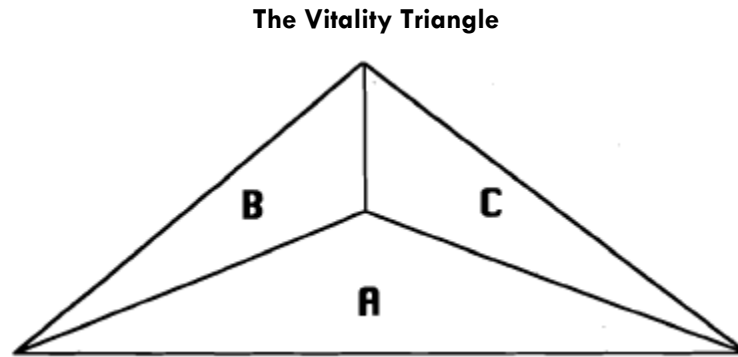
0-3 = Low Hardiness

4-9 = Moderate Hardiness

10-18 = Hardy

From: S.O. Kobasa. American Health

## Reading the Gauges



Gauge One: Life Change Index = **B**

Gauge Two: Lifestyle Survey = **C**

Gauge Three: Tolerance Survey = **A**

### **A - PSYCHOLOGICAL**

- Optimism
- Self-Confidence
- Worthwhile Goals
- Realistic Self-Expectations
- Creativity
- Purposeful Vision

### **B - SITUATIONAL**

- Organization
- Balanced Lifestyle
- Supportive Relationships
- Assertiveness Skills

### **C - PHYSIOLOGICAL**

- Re-energizing
- Healthful Diet
- Affection and Love
- Moderation
- Routine Exercise

1. In which area am I most vulnerable?

2. What can I do to increase my personal hardiness?