



Brought to you by, Judy Mauer, BSW
Stress Indicator: This test is based on the work of mental health experts Thomas H. Holmes and Richard H. Rahe. In the column labeled [Score] Note the Life Change Unit

(LCU), for any item that has occurred in the last year. Repeat for 5 yrs.

Life Event	LCU	Score	Lst 5 yrs
1. Death of spouse	100		
2. Divorce	73		
3. Marital Separation	65		
4. Jail Term	63		
5. Death of a close family member	63		
6. Personal injury or illness	53		
7. Marriage	50		
8. Being Fired from work	47		
9. Reconciliation with spouse	45		
10. Retirement	45		
11. Change in health of family member	44		
12. Pregnancy	40		
13. Sexual difficulties	39		
14. Addition of family member	39		
15. Major business readjustment	39		
16. Major change in financial state	38		
17. Death of a close friend	37		

18. Changing to a different line of work	36		
19. Change in frequency of arguments with spouse	35		
20. Mortgage for loan or major purchase over \$ 15,000	31		
21. Foreclosure on a mortgage or loan	30		
22. Major change in responsibilities at work	29		
23. Children leaving home	29		
24. Trouble with in-laws	29		
25. Outstanding personal achievement	28		
26. Spouse begins or stops work	26		
27. Starting or ending school	26		
28. Change in living conditions	25		
29. Revision of personal habits (dress, manners, associations)	24		
30. Trouble with boss	23		
31. Change in work hours, conditions	20		
32. Change in residence	20		
33. Change in school	20		
34. Change in recreational activities	19		
35. Change in church activities	19		
36. Change in social activities	18		
37. Mortgage or loan under \$15,000	17		
38. Change in sleeping habits	16		
39. Change in number of family gatherings	15		

40. Change in eating habits	15		
41. Vacation	13		
42. Engaging in/Preparing for a major holiday	12		
43. Minor violation of the law/traffic Ticket	11		
Totals			

total is 0-150:

Congratulations! At the moment, your stress level is low. Your chance of illness or accident related to your stress within two years is low. Any change can lead to stress, even enjoyable activities, such as vacations or new forms of recreation.

If you fall in this range, the integrative services of coaching and organizing provided by Creatively Organizing would be life enhancing; a strengthening experience for you bringing you organization principles & stress management strategies to increase your ability to manage time more effectively and greater a level of stressors should they occur in the future.

total is 150-300:

Take care of yourself now. You have borderline high stress. Your chance of accident or illness related to your stress within two years is moderate.

Creatively Organizing’s integrative approach of coaching and organizing will be helpful in providing resilience to stress now; bringing you organization principles & stress management strategies to improve your ability to manage existing stressors.

total is over 300:

Warning: You have a high stress level. Your chance of accident or illness related to your stress during the next two years is great. Stress intervention techniques are strongly urged.

Creatively Organizing’s services would be a helpful intervention; providing an integrative approach of coaching and organizing, while assisting you in assessing other appropriate stress intervention Techniques.

Client Name: _____ Phone: _____

Date: _____ Consultant: _____
