



Name \_\_\_\_\_

Date \_\_\_\_\_

## STRESS & ILLNESS\* (SM-29)

**DIRECTIONS:** Check each event that you've experienced over the past year. Each event represents a change in a person's life. Whether it is a positive or negative change, it may threaten one's sense of security. Next to each event is a number representing the "stress points" that the event is worth. After you have checked the list, add the stress point values and refer to the **SCORING FOR STRESS & ILLNESS** worksheet to interpret your score.

_____	1. Being pregnant and unwed	92
_____	2. Death of a parent	87
_____	3. Death of a sister or brother	85
_____	4. Death of a friend	83
_____	5. Divorce or separation of parents	77
_____	6. Becoming an unwed father	77
_____	7. Becoming involved with alcohol or other drugs	76
_____	8. Family member's alcohol or other drug problem	75
_____	9. Having a parent go to jail for a year or more	75
_____	10. Having a change in acceptance by peers	67
_____	11. Discovering that you are adopted	64
_____	12. Loss or death of a pet	63
_____	13. Having a parent remarry	63
_____	14. Having a visible deformity	62
_____	15. Having a serious illness that requires hospitalization	58
_____	16. Going to a new school	56
_____	17. Moving to a new home	55
_____	18. Failing a grade in school	55
_____	19. Not making a team or extracurricular activity	54
_____	20. Having a parent become seriously ill	54
_____	21. Beginning to date	51
_____	22. Being suspended from school	50
_____	23. Having a newborn brother or sister	50
_____	24. Arguing more with parents	47
_____	25. Having an outstanding personal achievement	46
_____	26. Parents arguing more	46
_____	27. Having a parent lose his or her job	46
_____	28. A change in parents' financial status	45
_____	29. Being accepted to college	43
_____	30. Having a brother or sister leave home	37
_____	31. Death of a grandparent	36
_____	32. Having a grandparent move in	33
_____	33. Marriage of a brother or sister	30

\*Adapted from *HEALTH Choosing Wellness*, Second Edition, P. 49, © 1992 by Prentice Hall, Inc. Used by permission.

Name \_\_\_\_\_

Date \_\_\_\_\_

## CHECK THIS OUT!! (SM-9)

**DIRECTIONS:** Look at the symptoms of stress listed below. Check *ALL* the symptoms that have applied or currently apply to you. Discuss your chart with a classmate. Are there any similarities? How much stress do you think you are currently under? Discuss ways that each of you could eliminate some of the stress that causes these problems.

### Physical Symptoms

- \_\_\_\_\_ headaches
- \_\_\_\_\_ stomach aches
- \_\_\_\_\_ dizziness
- \_\_\_\_\_ back pain
- \_\_\_\_\_ neck stiffness
- \_\_\_\_\_ ulcer sores on tongue, mouth
- \_\_\_\_\_ jaw pains
- \_\_\_\_\_ constipation
- \_\_\_\_\_ diarrhea
- \_\_\_\_\_ weight loss or gain
- \_\_\_\_\_ twitches (eyelids, face)
- \_\_\_\_\_ weakness
- \_\_\_\_\_ nausea
- \_\_\_\_\_ indigestion
- \_\_\_\_\_ overeating or loss of appetite
- \_\_\_\_\_ skin problems
- \_\_\_\_\_ cold hands or feet
- \_\_\_\_\_ excessive sweating
- \_\_\_\_\_ chest pains
- \_\_\_\_\_ inability to sleep
- \_\_\_\_\_ high blood pressure
- \_\_\_\_\_ rapid or difficult breathing
- \_\_\_\_\_ heart palpitations
- \_\_\_\_\_ frequent urination
- \_\_\_\_\_ heartburn
- \_\_\_\_\_ excessive sleeping
- \_\_\_\_\_ constant fatigue

### Emotional Symptoms

- \_\_\_\_\_ mood changes
- \_\_\_\_\_ lack of concentration
- \_\_\_\_\_ nightmares
- \_\_\_\_\_ panic attacks
- \_\_\_\_\_ anxiety
- \_\_\_\_\_ withdrawing from others
- \_\_\_\_\_ anger
- \_\_\_\_\_ irritability
- \_\_\_\_\_ crying
- \_\_\_\_\_ thoughts of suicide
- \_\_\_\_\_ depression
- \_\_\_\_\_ confusion
- \_\_\_\_\_ feelings of helplessness
- \_\_\_\_\_ restlessness
- \_\_\_\_\_ racing thoughts
- \_\_\_\_\_ aggressiveness

### Behavioral Symptoms

- \_\_\_\_\_ smoking
- \_\_\_\_\_ nail biting
- \_\_\_\_\_ tapping
- \_\_\_\_\_ pulling hair
- \_\_\_\_\_ grinding teeth
- \_\_\_\_\_ use of alcohol
- \_\_\_\_\_ use of medication
- \_\_\_\_\_ compulsive dieting
- \_\_\_\_\_ compulsive overeating
- \_\_\_\_\_ nervous laughter
- \_\_\_\_\_ pacing
- \_\_\_\_\_ lateness
- \_\_\_\_\_ putting things off
- \_\_\_\_\_ not caring about physical appearance

