

What is my body telling me?

Survey: Stress Scale

The following is a list of mental, emotional and physical stressors. Each stressor has a value attached to it. See how high... or how low your life stress is. Even though some of these stressors are “good” stress, to your body they are still stress and your body can still have a similar physiological reaction to them. It is optimal if your score is below 100. Try not to let this stress you... have fun!

Stressor	Points
Death of Spouse	100
Divorce	73
Marital separation	65
Death of close family member	63
Personal injury or illness	53
Recent marriage	50
Marital Reconciliation	45
Christmas	12
Retirement	45
Illness of family member	44
Pregnancy	40
Sexual difficulties	39
Addition of new family member	39
Business adjustments	39
Financial change	38
Death of close friend	37
Change to different line of work	36
Increased arguments with spouse	35
Large mortgage	31
Foreclosure of loan or mortgage	30
Change of work responsibilities	29
Your child leaving home	29
Trouble with in-laws	29
High personal achievement	28
Spouse begins or stops working	26
Beginning or end of school	26
Change in living conditions	25
Change in eating habits	15
Trouble with boss	23
Change in work conditions	20

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Survey: Stress Scale Continued

Change in residence	20
Change in schools	20
Vacation	13
Change in church activities	19
Small mortgage	17
Change in sleeping habits	20

High stress levels can interfere with the entire body. Prolonged stress can aggravate your blood sugar regulation, thyroid function, weight management, cardiovascular health, acid/alkaline balance, immune system regulation, digestion and absorption of nutrients and more. If you score high on this test it is best to get your labs checked and see how it is affecting your overall health. **The “Top 10 Lab Tests and Solutions” provides essential information to assist you in knowing how and why these lab tests best support you and your optimal health.**

