

How stressed do you think you are?

This quick quiz may make you more aware of the

impact of significant life events on your level of stress.

To test yourself, just go through the list and add up the points of the events that have happened to you in the *last year*. Total the points allocated to each of these events in the right hand column to find your score.

Death of spouse	100	
Divorce	60	
Menopause	60	
Separation from living partner	60	
Jail term or probation	60	
Death of close family member other than spouse	60	
Serious personal injury or illness	45	
Marriage/establishing life partnership	45	
Fired at work	45	
Marital/relationship reconciliation	40	
Retirement	40	
Change in health of immediate family member	40	
Work more than 40 hours per week	35	
Pregnancy/partner becoming pregnant	35	
Sexual difficulties	35	
Gaining new family member	35	
Business or work role change	35	
Change in financial state	35	
Death of a close friend (not a family member)	30	
Change in number of arguments with spouse or partner	30	
Mortgage or loan for a major purpose	25	
Foreclosure of mortgage or loan	25	
Sleep fewer than 8 hours per night	25	
Change in responsibilities at work	25	
Trouble with in-laws, or with children	25	
Outstanding personal achievement	25	
Spouse begins or stops work	20	
Begin or end school	20	
Change in living conditions (visitors in the home, change in roommates etc.)	20	
Change in personal habits (diet, exercise, smoking, etc.)	20	
Chronic allergies	20	
Trouble with boss	20	
Change in work hours or conditions	15	
Moving to new residence	15	
Presently in pre-menstrual period	15	
Change in schools	15	
Change in religious activities	15	
Change in social activities (more or less than before)	15	
Minor financial loan	10	
Change in frequency of family get-togethers	10	
Have been or are about to go on holiday	10	
Presently in Christmas seasons	10	
Minor violation of the law	5	
CUMULATIVE SCORE		

What your score means

For the average person, a **score of 250 points or greater may indicate that you are suffering from high levels of stress**. Although different people have different capacities to cope with stress, when we exceed this level, stress overload may lead to poor health or illness.

Studies revealed that people **who had become ill had accumulated a total of 300 stress points or more in a single year**. You were asked to look at the last twelve months of changes in your life. 'Ripples of stress' can circulate a long time after the actual change has taken place.

High stress levels will adversely affect your immune system and lead to mental or physical illness if something is not done - to lighten your stress load and develop mechanisms to cope with the stress.

The message for flight crew is clear. If stress brought on by life events is not well managed, and is added to the stress of operating aircraft, your performance might be affected.

