

Holmes and Rahe Stress Test for Teenagers

<u>Life Event</u>	<u>Weighting</u>	<u>Number of times in last 12 months</u>
1 Unwed pregnancy	100	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
2 Death of parent	100	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
3 Getting married	95	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
4 Divorce of parents	90	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
5 Acquiring a visible deformity	80	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
6 Fathering an unwed pregnancy	70	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
7 Jail sentence of parent for over one ye.	70	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
8 Marital separation of parents	69	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
9 Death of a brother or sister	68	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
10 Change in acceptance by peers	67	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
11 Pregnancy of unwed sister	64	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
12 Discovery of being an adopted child	63	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
13 Marriage of parent to stepparent	63	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
14 Death of a close friend	63	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
15 Having a visible congenital deformity	62	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
16 Serious illness requiring hospitalizatio	58	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
17 Failure of a grade in school	56	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3

19	Hospitalization of a parent	55	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
20	Jail sentence of parent for over 30 day	53	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
21	Breaking up with boyfriend or girlfriend	53	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
22	Beginning to date	51	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
23	Becoming involved with drugs or alcohol	50	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
24	Suspension from school	50	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
25	Birth of a brother or sister	50	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
26	Increase in arguments between parents	47	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
27	Loss of job by parent	46	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
28	Outstanding personal achievement	46	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
29	Change in parent's financial status	45	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
30	Accepted at college of choice	43	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
31	Being a senior in high school	42	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
32	Hospitalization of a sibling	41	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
33	Increased absence of parent from home	38	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
34	Brother or sister leaving home	37	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
35	Addition of third adult to family	34	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
36	Becoming a full fledged member of a family	31	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
37	Decrease in arguments between parents	27	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

Your Stress Test Score: _____

Take the weighting score and multiple it by the number in the last twelve months. Add the scores together (1-39).

Stress Test for Teenagers

[Interpreting your score in the Stress Test for Teenagers](#)

Stress increases your risk of becoming sick. The higher your score in the stress test for teenagers, the greater your chance of experiencing illness or disease. When your body is busy dealing with stress, it uses up resources you need for other body processes, especially your immune system. This makes you more vulnerable to becoming unwell, physically and mentally.

The stress test for teenagers will help you see how much you are at risk of sickness.

Research shows you should interpret your score on the stress test for teenagers as follows:

A score of 150 or less:

Your stress score is low. This is a good result. It means your life currently is pretty stable - there's not much major change going on, and you have a low level of 'life event stress.' This gives you a relatively low probability (about a 30% statistical chance) of developing a *stress-related illness* in the near future.

A score of 150 to 299:

Your stress score is moderate. There is enough change going on in your life to cause you a fair bit of stress if you are not good at handling it. On average, you have a pretty much even probability (about a 50% statistical chance) of developing a stress-related disorder in the near future, unless you're good at handling change, or do something now to improve your ability to cope with stress.

A score of 300 or more:

Your stress score is high. This could place you at considerable risk of developing a stress-related disorder in the near future (about an 80% statistical chance). It *means* you probably will become ill, unless you are very good at handling stress, or do something now to improve your ability to cope with stress.

What do the results mean?

[Interpreting your stress test results](#)

The Holmes and Rahe Stress Scale is well researched and its underlying theoretical basis has been widely confirmed and validated

The scale is based on averages.

We're all unique however, in the way stress affects us. Nobody is exactly average. The stress reaction to a particular life event varies greatly from one person to the next.

The stress test for teenagers provides **only a guide to your personal stress level and health risk.** *Its real value lies in going through the process and becoming more aware of the causes of stress in your life.*

If there's a lot of other stuff going on in your life your stress load might be quite a bit higher than the stress test for teenagers suggests.

Although causes of stress other than major life changes are important, studies confirm that the Holmes Rahe stress test, *works*, on average, for predicting risk of illness.

Finally, many variables affect the amount of stress felt by an individual owing to a particular life event. These variables include the following:

- variations in the specific circumstances of life events
- individual differences in interpretation of these events
- different personal beliefs, values and goals
- personality differences
- variability in individual reactions to stress due to differences in coping abilities, personal resources and coping strategies

In summary, because there are so many variables, the stress test for teenagers isn't a perfect to guide to your risk of stress-caused illness.

But it will give you an idea of your overall stress level, how serious it might be, and its causes.

And the stress test for teenagers can help you decide how to overcome your stress.

Overcoming stress

How can you improve your ability to manage stress?

Believe it or not, you've got what it takes to lead a much more stress-free life

The stress test for teenagers is a powerful reminder of changes happening in your life, and their potential to cause you stress.

Life-changing events happen, for good and bad, to us all. There's often not much you can do about it. Events like those listed in the stress test for teenagers simply aren't always under your control.

You've just got to accept and face reality. You can't change what is.

You *can* however, control how you respond to events. And by doing this, you can influence your future. You can start to take control of your life.

The changes brought about by major events like those in the stress test for teenagers may be 'good' or 'bad.' From a stress point of view, it doesn't seem to matter.

Your current equilibrium, for better or worse, is disrupted by change. You have to adapt. *You* have to change. Think differently, act differently, *be different*.

Dealing more successfully with major life changes is how we overcome stress. And it's how we become more healthy, how we grow, and how we achieve more successful lives.

Did you know that one of the best ways to deal with stress is **exercise?**

Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles get tight. You breathe harder and your blood pressure goes up.

- Exercise moves those chemicals out of your body.
- It reduces muscle tension and takes your mind off of problems.
- Exercise helps you sleep better and improves the quality of sleep, making you feel better rested.

Choose activities you'll enjoy. The type of activity that will relieve your stress best depends on your personality and lifestyle. If you usually do quiet activities, vigorous exercise may be best. If you are active, calming exercise may be better. Remember, one of the stress reducing benefits of exercise is that it's fun. Choose an activity you'll enjoy.

Get Plenty of Rest, Eat Well

Teenagers need lots of sleep because they are growing and developing at a furious pace. Not getting enough sleep can give you bad skin, make you clumsy and emotional, and make it hard to concentrate. Keeping your sleep on a schedule helps, too. Go to sleep and get up at the same time every day.

- Eat breakfast.
- Do not skip meals.
- Eat five servings of fruits and vegetables each day.
- Get enough iron and calcium (especially important for girls).
- Do not eat too much junk food.
- Drink 8 glasses of water each day. (You feel tired when you are dehydrated.)

Discuss Your Problems: Don't feel alone with your problem - chances are good that other people feel the same way, too. Ask for help. If you feel like your stress is just too much, talk with your parents, siblings, a friend or a counselor.

QUESTIONS TO ASK YOURSELF:

1. What causes stress in your life? (on test or NOT)
2. Looking at your 5 year time-line from a previous lesson, what stressors will you have in the future?
3. Most importantly what can you do to deal with stress?
4. How can you improve your stress management.

ources: <http://www.pamf.org/teen/life/stress/managestress.html> & <http://www.the6healthyhabits.com/stress-test-2.html>