



**WELLNESS WORKSHEET II — continued**

<b>Personal and Social</b>		<b>Financial</b>	
Change in personal habits	26	Major change in finances:	
Beginning or ending school or college	38	increased income	38
Change of school or college	35	decreased income	60
Change of political beliefs	24	investment or credit difficulties	56
Change in religious beliefs	29	Loss or damage of personal property	43
Change in social activities	27	Moderate purchase	20
Vacation trip	24	Major purchase	37
New, close, personal relationship	37	Foreclosure on a mortgage or loan	58
Engagement to marry	45		
Girlfriend or boyfriend problems	39		
Sexual difficulties	44		
Break-up of a close personal relationship	47		
An accident	48		
Minor violation of the law	20		
Being held in jail	75		
Death of a close friend	70		
Major decision about your immediate future	51		
Major personal achievement	36		

**Total score:** \_\_\_\_\_**Scoring**

Add up your points. A total score of anywhere from about 250 to 500 or so would be considered a moderate amount of stress. If you score higher than that, you may face an increased risk of illness; if you score lower than that, consider yourself fortunate.