



LIFE STRESS QUESTIONNAIRE

During the past 2 years, have you had any of the following things happen to you? If so, circle ONE number after each event and go to the next page.

LIFE EVENT	Slight	Moderate	Great
1. Change in social activities	10	15	20
2. Change in sleep habits	10	15	20
3. Change in residence	10	20	30
4. Change in work hours	15	20	25
5. Change in church activities	15	20	25
6. Tension at work	20	25	30
7. Small children in the home	20	25	30
8. Change in living conditions	20	25	30
9. Outstanding personal achievement	25	30	35
10. Problem teenager(s) in the home	25	30	35
11. Trouble with in-laws	25	30	35
12. Difficulties with peer group	25	30	35
13. Son or daughter leaving home	25	30	35
14. Change in responsibilities at work	25	30	35
15. Taking over a major financial responsibility	25	30	35
16. Foreclosure of mortgage or loan	25	30	40
17. Change in relationship with spouse	30	35	40
18. Change to different line of work	30	35	40
19. Loss of a close friend	30	35	45
20. Gain of a new family member	35	40	45
21. Sex difficulties	35	40	45
22. Pregnancy	35	40	50
23. Change in health of family member	40	45	50
24. Retirement	40	45	55
25. Loss of job	45	50	55
26. Change in quality of religious faith	45	50	55
27. Marriage	45	50	55
28. Personal injury or illness	45	50	65
29. Loss of self-confidence	55	60	70
30. Death of a close family member	50	60	70
31. Injury to reputation	50	60	75
32. Trouble with the law	55	65	75
33. Marital separation	55	65	85
34. Divorce	65	75	120
35. Death of Spouse	80	100	

Stress is not just negative thoughts, it is a collective state of body and mind

Is it Stress?

SCORING SYSTEM:

**GREATER THAN 300 =
HIGHLY SIGNIFICANT
LIFE STRESS**

**200-300 =
SIGNIFICANT LIFE
STRESS**

**150-200 =
MODERATE LIFE
STRESS**

**LESS THAN 150 =
LOW LIFE STRESS**

How did you do?

The stressors of life are additive and they have a collective impact on your physical, mental and emotional coping mechanisms.

Where there is life stress, adrenal gland function may start to be challenged, and this can create a number of different symptoms that can be difficult to interpret. Patients often feel as though they are suddenly unable to cope with life, they may have palpitations, panic attacks, be dizzy or feel as though they have low blood sugar, be faint or so fatigued that they have difficulty getting up to face their day. Stress can intensify an already challenging health circumstance such as arthritis, colitis or allergy or create a new health condition in its wake.

The good news is that stress can be mitigated in several ways.



You can get nutritional and herbal support for the glands and organs most affected by the stress. We can help you to figure out which areas are most affected and then design a plan for recovery.



You can learn new techniques to help handle stress such as HeartMath and Mental Field Technique from Dr. Gaul and be able to put them into practice immediately.



You can learn to reframe the stress and see how your coping strategies can be modified so that the same stressors don't repeatedly make it difficult for you to mitigate your stress. We can show you how what your coping strategies are and help you to find a more centred way of handling stressors.



We can recommend other helpful practitioners in our Resource Community.

**Everyone has stress. Let
Resonance Wellness help you
through it.**

Email us at info@resonance-wellness.com

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Find us at www.resonance-wellness.com

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