

# Midlife Challenges Stress Rating Assessment

## “Everything’s fine.” Is it really?

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“Everything’s fine.” That’s what you tell everyone, perhaps even what you tell yourself. But is everything really fine? Are **you** really fine?

Middle age can be one of the toughest periods in life to navigate. Unexpected events, relationship changes, and the pain of loss can turn your world upside down. Days can be filled with turmoil, upheaval, and uncertainty. Pressure to keep up appearances that everything is fine only makes matters worse.

You might not realize how much stress you’re under and its effect. The **Midlife Challenges Stress Rating Assessment** will reveal just how much you’re dealing with, so you can start prioritizing ways to take care of yourself.



## Instructions for completing the assessment.

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Review all the events in the list:

1. If you experienced an event **in the past year**, rate how stressful it was for you.
2. If you experienced an event more than a year ago but it continues to affect you, rate how stressful it was for you **in the past year**.

Give the event a rating of **0, 1, 5, or 10** based on the guide below:

- 0** – the event resulted in little/no stress for me in the past year
- 1** – the event resulted in mild stress for me in the past year
- 5** – the event resulted in moderate stress for me in the past year
- 10** – the event resulted in extreme stress for me in the past year

### Midlife Challenges Stress Rating Assessment

<b>Event</b>	<b>Rating</b>
Death of a parent	_____
Death of a son or daughter	_____
Death of spouse/partner	_____
Death of a brother or sister	_____
Death of an extended family member	_____
Relationship problems	_____
Family problems	_____
Financial difficulties and/or decrease in income	_____
A relative moving in with you	_____
Illness, disease, or health issues (including depression)	_____
Accident or injury	_____
Divorce	_____
Separation from spouse	_____
Major decision impacting one's future	_____
Change in sleep habits; insomnia	_____
Spouse begins or stops working	_____
Son or daughter leaves home	_____
Death of a close friend	_____
Starting a new, close personal relationship	_____
Taking on caregiver duties for a sick family member	_____
Change/escalation in arguments with spouse/partner	_____
Change in health or behaviour of a close family member	_____
Change in living conditions or change in residence	_____
"Falling out" of a close personal relationship	_____
Death of a beloved pet	_____

<b>Event</b>	<b>Rating</b>
Significant change in social activities	_____
Difficulties or conflicts at work	_____
Fired or laid off from work	_____
Change in work duties; promotion or demotion	_____
Starting a new job; change in job or type of work	_____
Other: _____	_____
Other: _____	_____

**Stress Level Rating - - click to calculate final total:** \_\_\_\_\_

## **Priorities based on your stress level rating.**

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### **Stress Level Rating: 19 or less**

It's easy to dismiss or minimize this level of stress in your life. You think you should be able to handle everything and have it all under control. You might tell yourself something like: *"It's really not that bad. Other people have it worse than I do, so I can't complain."*

**PRIORITY:** *don't ignore the reality of your situation; be proactive in finding ways to manage the stress you're under. If you're struggling or finding it more difficult to cope, now is the time to take action.*

## **Stress Level Rating: 20 to 39**

At this stage, you know something's not right. You might be more on edge; little things irritate you and you get angry more easily. You might be sleeping more—or struggling with insomnia and sleeping less. Frustration (and resentment) can start to set in if you feel like you're on your own. Putting on a brave face and trying to portray that everything's fine is draining, which only adds to the stress you're under.

**PRIORITY:** *don't suffer in silence as everything builds and takes a toll on you. You need to take care of yourself before your physical, mental, and emotional well-being suffer. You also need practical tools for dealing with your situation. Seek out support to get on track before things escalate.*

## **Stress Level Rating: 40 or more**

When you reach this stage, getting through each day is a struggle. Even if you're able to function as usual, stress is taking a toll. You're surprised you haven't fallen apart yet; or worried you could fall apart at any moment. You might feel stuck due to not seeing any end in sight. And as you feel increasingly frustrated, overwhelmed, and/or depressed, you can find yourself turning to unhealthy coping methods like excessive drinking.

**PRIORITY:** *getting trapped in a downward spiral will only make things worse, impacting those closest to you as well. You need support, solutions, and healthy coping strategies so you can manage your situation and learn how to deal with things effectively on an ongoing basis.*