

Brain Longevity Stress Impact Index

Event	Stressor Rating	Personal Perception Multiplier (1-10)	Score
Death of your child	100	_____	_____
Death of your spouse	99	_____	_____
Life-threatening Illness	95	_____	_____
Prison term	80	_____	_____
Divorce	78	_____	_____
Marital separation	68	_____	_____
Death of a parent or sibling	68	_____	_____
Fired from your job	65	_____	_____
Pregnancy	60	_____	_____
Hospitalization for serious illness	58	_____	_____
Marriage	57	_____	_____
Foreclosure on a mortgage	57	_____	_____
Serious illness in the family	55	_____	_____
Birth of a child	50	_____	_____
Demotion at work	50	_____	_____
Lawsuit against you	50	_____	_____
Retirement	49	_____	_____
Sexual problems	45	_____	_____
Laid off from work	43	_____	_____
Problems with boss	40	_____	_____
Major business change	40	_____	_____
Major change in finances	39	_____	_____
Move to new town	38	_____	_____
Death of a close friend	38	_____	_____
Change careers	38	_____	_____
Change in frequency of arguments with spouse	35	_____	_____
Change in sleep habits	31	_____	_____
Problems with co-workers	30	_____	_____
Assuming a mortgage of over 25% of net earnings	29	_____	_____
Birth of first grandchild	28	_____	_____
Children leaving home	27	_____	_____
Problems with extended family	25	_____	_____
Significant lifestyle change	24	_____	_____
Illness for more than one week	23	_____	_____
Promotion at work	23	_____	_____
Change in political or religious beliefs	20	_____	_____
Assuming a mortgage of over 20%	18	_____	_____

