



## Measure Your Stress Level for the Year

<i>Value</i>	<i>Life Event</i>
100	Death of Spouse
73	Divorce
65	Marital separation
63	Jail term
63	Death of close family member
53	Personal injury or illness
50	Marriage
47	Fired at work
45	Marital reconciliation
45	Retirement
44	Change in health of family member
40	Pregnancy
39	Sex difficulties
39	Gain of new family member
39	Business readjustment
38	Change in financial state
37	Death of a close friend
36	Change to a different line of work
35	Change in the number of arguments with spouse
31	Mortgage over \$100,000
30	Foreclosure of mortgage or loan
29	Change in responsibilities at work
29	Son or daughter leaving home
29	Trouble with in-laws
28	Outstanding personal achievement
26	Spouse begins or stops work
26	Begin or end school
25	Change in living conditions
24	Revision of personal habits
23	Trouble with boss
20	Change in work hours or conditions
20	Change in residence
20	Change in schools
19	Change in recreation
19	Change in church activities
19	Change in social activities
15	Mortgage or loan of less than \$100,000

In Holmes and Rahe's original work, 300 points is regarded as a "danger level" above which the individual has a 90% chance of a major health problem as a result of stress and change. Today, not only Holmes and Rahe but other stress experts recognize that individual differences plus learned strategies of stress management can radically alter stress and change tolerances. Use your score as a guideline only. *Adapted from: Holmes, T.H. and Rahe, R.H. "The Social Readjustment Rating Scale," Journal of Psychosomatic Research, II: 213-218, 1967.*