

THE HOLMES-RAHE SCALE

LIFE STRESS TEST

Instructions: Mark down the point value of each life event that has happened to you in the past twelve months. At the end, total your points.

<u>Event</u>	<u>Impact Score</u>	<u>My Score</u>
Death of a spouse	100	
Divorce	73	
Marital separation from relationship partner	65	
Jail term	63	
Death of a close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired from work	47	
Marital reconciliation	45	
Retirement	45	
Change in family member's health	44	
Pregnancy	40	
Sex difficulties	39	
Addition to family	39	
Business readjustment	39	
Change in financial status	38	
Death of a close friend	37	
Change to a different line of work	36	
Major change in number of marital arguments	35	
Taking on a mortgage (home, business, etc.)	31	
Foreclosure of mortgage or loan	30	

<u>Event</u>	<u>Impact Score</u>	<u>My Score</u>
Change in work responsibilities	29	
Trouble with in-laws	29	
Child leaving home	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Starting or finishing school	26	
Change in living conditions	25	
Revisions of personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreational habits	19	
Change in church activities	19	
Change in social activities	18	
Taking on a loan (car, home appliances, etc.)	17	
Change in sleeping habits	16	
Change in number of family gatherings	15	
Change in eating habits	15	
Vacation	13	
Major holidays	12	
Minor violations of the law	11	

Your total score:

Life Stress Scores

0 - 149 Low susceptibility to stress-induced health problems

150 - 299 Implies about a 50% chance of major stress-induced health problem in the next two years

300+ Raises the odds to about 80% chance of a major stress-induced health problem in the next two years

This scale includes some of the life pressures that you have most recently faced. How you choose to cope with stress can have a large impact on your health. Take time to address your stress!