

THE  
**STRESS**  
TO  
SUCCESS  
FORMULA



TRANSFORM  
YOUR LIFE, CAREER AND BUSINESS NOW!

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## **How Do I Know If I'm Stressed?**

### **The Holmes-Rahe Scale of Stress Ratings**

Are you ready to find out how stressed you really are?

Okay then, I'd like to invite you to grab a pen or a pencil and just run through the following stress evaluator. This is perhaps one of the most widely used stress tests out there. It will only take a couple of minutes to complete it.

Simply jot down the number of 'Value' points assigned to each event, under the column, "Your Score," for each life, and then work, event that you have experienced over the past 2 to 3 years. And then tally the numbers to get your total. Nothing to think about...it's either a yes or a no, and then a score!

And if you would like to keep this copy in your book clean, I have included a copy of this Stress Test in the Appendices at the back of the book. And we'll definitely include this as a free download in our LinkedIn group, and our Facebook group

*"A large percentage of what we think of when we talk about stress-related diseases are disorders of excessive stress-responses."*

~Robert M Sapolsky, *Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping*

## THE HOLMES-RAHE SCALE OF STRESS RATINGS

<b><u>Life Event</u></b>	<b><u>Value</u></b>	<b><u>Your Score</u></b>
Death of a spouse	100	
Divorce	73	
Marital Separation	65	
Jail Term	63	
Death of a close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired at work	47	
Retirement	45	
Marital reconciliation	45	
Change in health of family member	44	
Pregnancy	40	
Sex difficulties	39	
Gain of new family member	39	
Business adjustment	39	
Change in financial state	38	
Death of a close friend	37	
Change to a different line of work	36	
Change in number of arguments with spouse	35	
Mortgage over one year's net salary	31	
Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	
Son or daughter leaving home	29	
Trouble with in-laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Begin or end school	26	
Change in living conditions	25	
Revision in personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreation	19	
Change in church activities	19	
Change in social activities	18	
Mortgage or loan less than one year's net salary	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Vacation	13	
Christmas	12	

**Minor violations of the law**

**11**

**ENTER YOUR TOTAL HERE**

**Work Event**

**Value**

**Your Score**

<b>Withdrawal from smoking or other addiction</b>	<b>60</b>
<b>Public speaking before a major work audience</b>	<b>55</b>
<b>Daycare problems</b>	<b>55</b>
<b>Corporate merger / acquisition</b>	<b>47</b>
<b>New technology in the office</b>	<b>40</b>
<b>Workaholic hours (more than 12 hours per day)</b>	<b>35</b>
<b>Travel stress (away from home 4+ days per month)</b>	<b>30</b>
<b>Commuting stress (5+ hours commuting per week)</b>	<b>25</b>
<b>New boss</b>	<b>20</b>

**ENTER YOUR TOTAL HERE**

**COMBINE THE TWO TOTALS HERE**

Once you have rated all of the stressors that apply to you, add the total numbers of both sections together to arrive at your personal total.

If your score is less than 150 units, you have a 30% chance of a change in your health within the next year.

Up to 300 units gives you a 50% chance of change in your health.

More than 300 units raises your chance of change to 80%.

Knowing what your own particular stressors are can assist you in targeting positive change in those areas of your life. Together with an annual checkup from your doctor and some sound healthy nutrition and lifestyle choices, you will be well on your way to long term active and effective stress management.

**The Holmes and Rahe Stress Scale**

In 1967, psychiatrists Thomas Holmes and Richard Rahe decided to study whether or not stress contributes to illness. More than 5,000 medical patients were surveyed and asked whether or not they had experienced any of a series of 43 life events in the previous two years.

Each event, based on their findings, was assigned a relative and different weight, or number of Life Change Units (LCU). The more LCU's the patient added up, the higher the score. The higher the score, the more likely the patient was to become ill.