

Compassionate expert help in taming the stress tiger as quickly and easily as possible, call Dr Marilyn Joyce at: 800-352-3443, or drmarilynjoyce@gmail.com

APPENDIX A: THE HOLMES RAHE SCALE OF STRESS RATINGS

<u>Life Event</u>	<u>Value</u>	<u>Your Score</u>
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*

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

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.