

If you find yourself high on this scale, and you want immediate 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](mailto: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**

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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.