

What's Your Stress Level?

HOLMES STRESS SCALE

Too much change in your life contributes to stress and robs you of energy. What's your change index? The *Holmes Scale* can give you fresh insight about your current stress level. Using the form below, total the values of all the life events that you experienced in the past year. Too much change, in a short of a period of time, can take its toll on your health. Whenever possible, try to limit the changes in your life.

Take the Holmes Stress Scale!

Death of a spouse	100
Divorce	73
Marital Separation	65
Death of close relative	63
Personal injury or illness	53
Marriage	50
Fired from job	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual differences	39
Gain of new family member	39
Change in financial status	38
Death of close friend	37
Change to a career or line of work	36
Change in number of arguments with spouse	35
Mortgage or loan for major purchase	31
Foreclosure of mortgage	30
Change in responsibility at work	29
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Husband/wife starting or stopping work	26
Begin or end school	26
Revision of personal habits	24
Trouble with supervisor/ colleagues	23
Change in working hours	20
Change in working conditions	20

Change in residence	20
Change in school	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Mortgage or loan for lesser purchase (car, computer, etc.)	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 (traffic tickets, etc.)	11
TOTAL	

Scores of less than 150

Your chance of accident or illness is increased by 30%.

Scores between 150-300

Indicates your accident/injury quotient is increased by 50%.

If your score is more than 300

Your likelihood of having an accident or becoming ill increases by 80%.

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In a study in 1967, Dr. Thomas H. Holmes and Dr. Richard H. Rahe created a stress scale. They examined the stress created by experiences ranging from the death of a spouse to getting a traffic ticket. By adding your "life change values" of the past year, you can predict the likelihood of stress related illness or accident.

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