



CLASS 4 | DE-STRESS YOURSELF WORKSHEET

The Holmes-Rahe Stress Inventory

The Holmes-Rahe Stress Inventory is a well-known measurement of the degree of stress in our lives at a given time point. On this scale, life changes are rated by the degree of adjustment that they require.

DIRECTIONS: Read each life event listed below. If you have experienced an event mentioned in the past year, or if you expect to experience it in the near future, add the associated Stress Value number to your score.

Life Event	Stress Value	Your Score
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	
Marital reconciliation	45	
Retirement	45	
Change in family member's health	44	
Pregnancy	40	
Sexual Problems	39	
Addition of a new family member	39	
Business readjustment	39	
Change in financial status	38	
Death of a close friend	37	
Change to a different line of work	36	
Change in number of marital arguments	35	
Mortgage or loan over \$10,000	31	
Foreclosure of mortgage or loan	30	
Change in work responsibilities	29	
Son or daughter leaving home	29	
Trouble with in-laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Starting or finishing school	26	
Change in living conditions	25	

RESOURCES



Revision 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 recreation	19	
Change in church activities	19	
Change in social activities	18	
Mortgage or loan under \$10,000	17	
Change in sleep habits	16	
Change in number of family gatherings	15	
Change in eating habits	15	
Vacation	13	
Christmas season	12	
Minor Violation of the Law	11	
		YOUR TOTAL SCORE: _____

Interpreting Your Total Score

- **150 points or less.** A relatively low amount of life change, with low vulnerability to stress.
- **151-300 points.** A moderate amount of life change, with some associated increased risk for stress-related complaints.
- **301 points or more.** A significant amount of life change, with an significantly associated increased risk for stress-related complaints.

Source: www.stress.org. Accessed 10-21-2014. <http://www.stress.org/holmes-rahe-stress-inventory/>