

The Holmes and Rahe Re-Adjustment Scale

Thomas Holmes and Richard Rahe were ground breaking in terms of stress management. They devised a pretty cool system of measuring stress in individuals. They looked at over 5000 patient records in order to determine which particular life events caused illness and stress to their patients. The important thing to mention here is they were able to come up with this list which can help people raise awareness of what stress is. They allocated a scoring system next to events so people can become aware of what is stressing them. Awareness is the key here! Once we have awareness of what is stressing us out then we can do something about it. Check this out!

Stressful Event	VALUE
Death of a Spouse	100
Divorce	73
Marital Separation	65
Prison Term	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Sacked from work	47
Marital Reconciliation	45
Retirement	45
Change in family member's health	44
Pregnancy	40
Sex difficulties	39
Addition to family	39
Business Readjustment	39
Change in Financial Status	38
Death of a Close Friend	37
Change to a different type of work	36
Change in number of marital arguments	36
Mortgage or large loan	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 education	26
Change in living conditions	25
Revision of personal habits	24
Trouble with the boss	23
Change in work hours or conditions	20
Change in residence	20
Change in educational establishment	20
Change in church activities	19
Change in social activities	18

Small mortgage or loan	17
Change in sleeping habits	16
Change in number of family gatherings	15
Change in eating habits	15
Holiday	13
Minor Breach of the law	11

Add up your score.....