**What is Your Stress Score?**

Although stress can be protective, as in the 'fight or flight' response when threatened with immediate harm, or a positive response which spurs us to action, too much stress over a long period of time can have very negative effects on our emotions and on our health.

The following is adapted from the now famous American study from 1967, Dr. Thomas H. Holmes and Dr. Richard H. Rahe developed a do-it-yourself stress test called the "Social Readjustment Rating Scale." To find your stress level, circle every experience that you have had in the last 12 months and total the points.

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| **STRESS** | **EVENT VALUE** |
| DEATH OF SPOUSE | 100 |
| DIVORCE | 60 |
| MENOPAUSE | 60 |
| SEPARATION FROM LIVING PARTNER | 60 |
| JAIL TERM OR PROBATION | 60 |
| DEATH OF CLOSE FAMILY MEMBER OTHER THAN SPOUSE | 60 |
| SERIOUS PERSONAL INJURY OR ILLNESS | 45 |
| MARRIAGE OR ESTABLISHING LIFE PARTNERSHIP | 45 |
| FIRED AT WORK | 45 |
| MARITAL OR RELATIONSHIP RECONCILIATION | 40 |
| RETIREMENT | 40 |
| CHANGE IN HEALTH OF IMMEDIATE FAMILY MEMBER | 40 |
| WORK MORE THAN 40 HOURS PER WEEK | 35 |
| PREGNANCY OR CAUSING PREGNANCY | 35 |
| SEX DIFFICULTIES | 35 |
| GAIN OF NEW FAMILY MEMBER | 35 |
| BUSINESS OR WORK ROLE CHANGE | 35 |
| CHANGE IN FINANCIAL STATE | 35 |
| DEATH OF A CLOSE FRIEND (not a family member) | 30 |
| CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE OR LIFE PARTNER | 30 |
| MORTGAGE OR LOAN FOR A MAJOR PURPOSE | 25 |
| FORECLOSURE OF MORTGAGE OR LOAN | 25 |
| SLEEP LESS THAN 8 HOURS PER NIGHT | 25 |
| CHANGE IN RESPONSIBILITIES AT WORK | 25 |
| TROUBLE WITH IN-LAWS, OR WITH CHILDREN | 25 |
| OUTSTANDING PERSONAL ACHIEVEMENT | 25 |
| SPOUSE BEGINS OR STOPS WORK | 20 |
| BEGIN OR END SCHOOL | 20 |
| CHANGE IN LIVING CONDITIONS (visitors in the home, change in roommates, remodeling house) | 20 |
| CHANGE IN PERSONAL HABITS (diet, exercise, smoking, etc.) | 20 |
| CHRONIC ALLERGIES | 20 |
| TROUBLE WITH BOSS | 20 |
| CHANGE IN WORK HOURS OR CONDITIONS | 15 |
| MOVING TO NEW RESIDENCE | 15 |
| PRESENTLY IN PRE-MENSTRUAL PERIOD | 15 |
| CHANGE IN SCHOOLS | 15 |
| CHANGE IN RELIGIOUS ACTIVITIES | 15 |
| CHANGE IN SOCIAL ACTIVITIES (more or less than before) | 15 |
| MINOR FINANCIAL LOAN | 10 |
| CHANGE IN FREQUENCY OF FAMILY GET-TOGETHERS | 10 |
| VACATION | 10 |
| PRESENTLY IN WINTER HOLIDAY SEASON | 10 |
| MINOR VIOLATION OF THE LAW | 5 |

TOTAL SCORE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Holmes and Rahe consider a score of less than 150 to be minor stress. Those who score 150-199 are experiencing mild stress, 200-250 are experiencing moderate stress, and a score over 250 is someone experiencing major stress. It is estimated that 35% of those with a score below 150 will experience an illness or accident within two years, while those with a score between 150 and 300 have a 51% chance, and those with a score over 300 have an 80% chance of a significant illness or accident.

Although you might not be able to control the stressful events in your life, you do have control over your response to them and the effect that they have on your life. The negative effects of stress can be reduced by such things as getting enough rest, exercise, good nutrition, and taking some time for yourself.