

# Stress Assessment

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*T.H.Holmes and T.H. Rahe. "The Social Readjustment Rating Scale," Journal of Psychosomatic Research. 11:213, 1967*

**Directions:** If a Life Event has occurred in the past year, copy its corresponding number from the Life Change Units column to the My Score column. Total your points and see which Stress Level Category you fall under: High, Medium, or Low Stress. Take appropriate measures to mitigate your stress levels and avoid stress-related illness.

<b>Life Event</b>	<b>Life Change Units</b>	<b>My Score</b>
<b>Death of spouse</b>	<b>100</b>	
<b>Divorce</b>	<b>73</b>	
<b>Marital separation</b>	<b>65</b>	
<b>Jail term</b>	<b>63</b>	
<b>Death of close family member</b>	<b>63</b>	
<b>Personal injury or illness</b>	<b>53</b>	
<b>Marriage</b>	<b>50</b>	
<b>Fired at work</b>	<b>47</b>	
<b>Marital reconciliation</b>	<b>45</b>	
<b>Retirement</b>	<b>45</b>	
<b>Change in health of family member</b>	<b>44</b>	
<b>Pregnancy</b>	<b>40</b>	
<b>Sex difficulties</b>	<b>39</b>	

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<b>Life Event</b>	<b>Life Change Units</b>	<b>My Score</b>
<b>Gain of a new family member</b>	<b>39</b>	
<b>Business readjustment</b>	<b>39</b>	
<b>Change in financial state</b>	<b>38</b>	
<b>Death of a close friend</b>	<b>37</b>	
<b>Change to a different line of work</b>	<b>36</b>	
<b>Change in # of arguments w/ spouse</b>	<b>35</b>	
<b>Taking on a mortgage</b>	<b>31</b>	
<b>Foreclosure of mortgage or loan</b>	<b>30</b>	
<b>Change in responsibilities at work</b>	<b>29</b>	
<b>Son or daughter leaving home</b>	<b>29</b>	
<b>Trouble with in-laws</b>	<b>29</b>	
<b>Outstanding personal achievement</b>	<b>28</b>	
<b>Spouse begins or stops work</b>	<b>26</b>	

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<b>Life Event</b>	<b>Life Change Units</b>	<b>My Score</b>
<b>Beginning or ending school</b>	<b>26</b>	
<b>Change in living conditions</b>	<b>25</b>	
<b>Revisions of personal habits</b>	<b>24</b>	
<b>Trouble with boss</b>	<b>23</b>	
<b>Change in work hours or conditions</b>	<b>20</b>	
<b>Change in residence</b>	<b>20</b>	
<b>Change in school</b>	<b>20</b>	
<b>Change in recreations</b>	<b>19</b>	
<b>Change in church activities</b>	<b>19</b>	
<b>Change in social activities</b>	<b>19</b>	
<b>Taking out a loan</b>	<b>17</b>	
<b>Change in sleeping habits</b>	<b>16</b>	
<b>Change in # of family get-togethers</b>	<b>15</b>	

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Life Event	Life Change Units	My Score
Change in eating habits	15	
Vacation	13	
Christmas/major holiday approaching	12	
Minor violations of the law	11	
Total		

**Total Life Change  
Units Score**

**Stress Level Category**

**300+**

**High**

**150-299**

**Medium**

**less than 150**

**Low**

The higher your score, the higher your risk of developing a stress-related illness. Be sure to practice self-care in order to reduce your stress levels and improve your health.