



*New Perspective...New Growth*

## The Holmes and Rahe Stress Scale

To measure stress according to the Holmes and Rahe Stress Scale, the number of "Life Change Units" that apply to events in the past year of an individual's life are good indicators of the stress level of the individual. After checking all that apply, add up and total at the bottom.

| LIFE EVENT                         | LIFE CHANGE UNITS |
|------------------------------------|-------------------|
| Death of a spouse                  | 100               |
| Divorce                            | 73                |
| Marital separation                 | 65                |
| Imprisonment                       | 63                |
| Death of a close family member     | 63                |
| Personal injury or illness         | 53                |
| Marriage                           | 50                |
| Dismissal from work                | 47                |
| Marital reconciliation             | 45                |
| Retirement                         | 45                |
| Change in health of family member  | 44                |
| Pregnancy                          | 40                |
| Sexual difficulties                | 39                |
| Gain a new family member           | 39                |
| Business readjustment              | 39                |
| Change in financial state          | 38                |
| Change in frequency of arguments   | 35                |
| Major mortgage                     | 32                |
| Foreclosure of mortgage or loan    | 30                |
| Change in responsibilities at work | 29                |

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| LIFE EVENT                            | LIFE CHANGE UNITS |
|---------------------------------------|-------------------|
| Child leaving home                    | 29                |
| Trouble with in-laws                  | 29                |
| Outstanding personal achievement      | 28                |
| Spouse starts or stops work           | 26                |
| Begin or end school                   | 26                |
| Change in living conditions           | 25                |
| Revision of personal habits           | 24                |
| Trouble with boss                     | 23                |
| Change in working 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                |
| Minor mortgage or loan                | 17                |
| Change in sleeping habits             | 16                |
| Change in number of family reunions   | 15                |
| Change in eating habits               | 15                |
| Vacation                              | 13                |
| Christmas                             | 12                |
| Minor violation of law                | 11                |

**Total:**

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|                    |   |
|--------------------|---|
| Score of 300+:     | At risk of illness.   |
| Score of 150-299+: | Risk of illness is moderate (reduced by 30% from the above risk). |
| Score 150-:        | Only have a slight risk of illness.                               |