

# The Holmes and Race Stress Scale

To score your stress levels, simply tick the events in the statements columns that have happened to you in the last year. Then calculate your total.

Death of spouse	100	Son or daughter leaving home	29
Divorce	73	Trouble with in laws	29
Marital Separation	65	Outstanding personal achievement	28
Jail Term	63	Spouse begins or stop work	26
Death of close family member	63	Begin or end school	26
Personal injury or illness	53	Change in living conditions	25
Marriage	50	Revisions of personal habits	24
Fired at work	47	Trouble with boss	23
Marital reconciliation	45	Change in work hours or conditions	20
Retirement	45	Change in residence	20
Change in health of family member	44	Change in schools	20
Pregnancy	40	Change in recreations	19
Sex difficulties	39	Change in church activities	19
Gain of a new family member	39	Change in social activities	19
Business readjustment	39	Mortgage or loan less than \$20,000	17
Change in financial state	38	Change in sleeping habits	16
Death of a close friend	37	Change in number of family get-togethers	15
Change to a different line of work	36	Change in eating habits	15
Change in number of arguments with spouse	35	V acation	13
Mortgage over \$20,000	31	Christmas approaching	12
Foreclosure of mortgage or loan	30	Minor violation of the law	11
Change in responsibilities at work	29		
Total			

## Scoring The Life Change Index

The body is a finely timed instrument that does not like surprises. Any sudden change stimuli which affects the body, or the reordering of important routines that the body become used to, can cause needless stress, throwing your whole physical being into turmoil.

The following chart will give you some idea of how to informally score yourself on Social Readjustment Scale. Since being healthy is the optimum state you want to achieve, being sick is the state of being you most want to avoid.

## Life Change Units

<b>11-150</b>	You have only a low to moderate chance of becoming ill in the near future.
<b>150-299</b>	You have a moderate to high chance of becoming ill in the near future.
<b>300-600</b>	You have a high or very high risk of becoming ill in the near future.

*This test is not intended to be a substitute for professional medical advice, diagnosis, or treatment.*