

## HOLMES AND RAHE SCALE

<b>EVENT</b>	<b>POINTS</b>	<b>AMOUNT OF X</b>	<b>TOTAL</b>
Death of Spouse	100		
Divorce	73		
Marital Separation	65		
Jail Term	63		
Death of a close family member	63		
Personal Injury or Illness	53		
Marriage	50		
Fired from Work	47		
Marital Reconciliation	45		
Retirement	45		
Change in health of family member	44		
Pregnancy	40		
Sexual Difficulties	39		
Addition of a new family member	39		
Business adjustment	39		
Change in Financial status	38		
Death of close friend	37		
Change to a different line of work	36		
Change in number of arguments with spouse	35		
Major Mortgage or Loan	31		
Foreclosure of Mortgage of loan	30		
Change in Job responsibilities	29		
Son or Daughter leaving home	29		
Trouble with in laws	29		
Outstanding Personal Achievement	28		
Wife or Husband begins or stops work	26		
Beginning or end of school	26		
Change in living conditions	25		
Revision of Personal Habits (self reflection/improvement)	24		
Trouble with Boss	23		
Change in work hours or conditions	20		
Change in residence	20		
Change in School	20		
Change in recreational activities	19		
Change in church activities (change in religion/spiritual views)	19		
Minor Mortgage or loan	17		
Change in sleeping habits	16		
Change in number of family get-togethers	15		
Change in eating habits	15		
Vacation	13		
Christmas	12		
Minor Violations with the law	11		
		Total:	

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**Less than 49:** low to no stress on the body. Be mindful you are not in a hypo-stressed state. Consider creating some positive changes if there is little excitement in your life. If you received this score and feel it is not in alignment with your levels of stress, then developing stress management skills would be ideal to learn how to cope with life's more minor stresses. Note: this does not apply if your stress is a result of a recent event (eg. Being demoted at work)

**50 to 99:** indicates you have experienced minimal to moderate stress. Relaxation techniques may be necessary if your score consists of one major experience with a value of 53+.

**100 to 199:** indicates you have experienced a moderate to high amount of stress. Where an imbalance may be likely in one or more areas of the physical or subtle bodies. Regular relaxation and healing techniques would be beneficial (assuming they are not already a part of your routine)

**200 plus:** your body has experienced a high amount of stress. Relaxation and healing techniques are highly recommended to restore your body's equilibrium (assuming they are not already a part of your routine)

**What is your stress score?**

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**Do you feel that your score is indicative of your experience of stress in the last 12 months?**

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**If no, what factors do you think have played a part in altering the expected stress results from your life experiences?**

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