

Here's a quick and easy stress level test based on the research done by Holmes and Rahe\*. It is designed to assess possible health impacts, based on the things that have happened in your life in the last year.

The list contains 'normal' life events that create some level of stress. It's not so much each individual one, but rather the accumulation of them that matters – especially if you do not have a de-stress strategy. Simply add up the numbers on the right of each event that has occurred in your life in the last 12 months

*Stress reduction*

**Holmes Stress Evaluation**

Honestly circle all that apply within the last year

Death of a 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 family member's health	44
Pregnancy	40
Sex difficulties	39
Addition to the family	39
Business readjustment	39
Change in financial status	38
Death of a close friend	37
Change to a different line of work	36
Change in number of marital arguments	36
Mortgage loan over \$10,000	31
Foreclosure of mortgage or loan	30
Change in work responsibilities	29
Son or daughter leaving home	29
Trouble with your in-laws	29
Outstanding personal achievement	28
Spouse begins or stops work	26
Change in living conditions	26
Revision of personal habits	25
Trouble with your boss	23
Change in work hours/or conditions	20
Change in residence	20
Change in schools	20
Change in recreational habits	19
Change in church activities	19
Change in social activities	18
Mortgage or loan under \$10,000	17
Change in sleep habits	16
Change in number of family gatherings	15
Change in eating habits	15
Vacation	13
Christmas season	12
Minor violation of the law	11

Add up your score

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Master Neuro-linguistic Programming Practitioner**

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## Stress reduction

*According to Holmes and Rahe's statistical prediction model, a score of 150 or less means a relatively low (about 30%) probability of stress-related illness -- including heart attack, cancer, stroke, etc. . A score of 151 to 299 implies a 50% probability and a score of 300 or above implies an 80% probability of experiencing a health change - usually a negative change.*

Ref: Holmes & Rahe (1967) *Journal of Psychosomatic Research*, 11:213-219.

But you know and I know those predictions are never absolute. Health changes are the result of many different factors, including how much you worry about these events in your life; if you have a strategy for dealing with any unwanted events; your personal capacity to cope with change; available support through family and friends; level of exercise; how the degree of nutrition and vitamins in your diet .

Taking this test can give you some insight into how important it is to be pro-active in managing your stress.

Please, if you have a lot of stressful thoughts and feelings from events more than one year ago, call me. I can help you clear those thoughts and old feelings away easily and then you can have a "feel good inside", healthy future. I offer private sessions or group Changeshop™ events that address such issues. Call for details.

**602-284-2212 or Outside Arizona Call: 888-861-SEPT (7378)**

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