

## STRESSFUL LIFE EVENTS (Holmes & Rahe, 1967)

<u>Life Event</u>	<u>Score</u>	<u>Life Event</u>	<u>Score</u>
Death of spouse	100	Foreclosure	31
Divorce	73	Change in job	29
Marital Separation	65	Child leaving home	29
Deployment	65	Trouble w/in-laws	29
Jail Term	63	Personal success	28
Death of family member	63	Begin/end school	26
Self injury/illness	63	Spouse start/stop work	26
Change social activities	18	Change living conditions	25
Fired from job	47	Revised personal habits	24
Marital reconciliation	45	Trouble with boss	23
Arguments w/spouse	35	Change work conditions	20
Change in sleep habits	16	Change residence	20
Health of family member	44	Change church activities	19
Gain family member	39	Change in recreation	19
Career change	36	Vacation	13
Christmas/Hanukkah	12	Legal matters	11
Mortgage/loan	17	Pregnancy	40
Reunion	45	Retirement	45
Sexual difficulties	39	Business adjustment	39
Change in financial state	38	Change schools	20
Marriage	50	Death of a close friend	37

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0-149	Mild life stress	30% chance of illness
150-299	Moderate life stress	50% chance of illness
300+	Major life stress	80% chance of illness

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Stress is the wear and tear on the body and mind - our physical and psychological response to events that worry, pressure, threaten, thrill, challenge or scare us. Physical stress can be anything from accidental injury to exposure to air pollution. Psychological stress is usually something we see as causing a threat to or change in our way of life, self-esteem or relationships. Stress can drain us physically and emotionally and lower our resistance to illness. However, stress is only as harmful as our reaction to it.