

MEASURING YOUR STRESS LEVEL

If you've been wondering what degree of stress you live under, here is a quick way to get a fair estimate. Dr. Thomas and Dr. Richard Rahe composed a table of events and the amount of stress they cause. The most interesting feature of this table is that the people they interviewed actually told them, how they could rate specific events for the stress they cause, so this is human rather than a medical appraisal of the degree of stress those events caused. As you get used to certain changes in your life, they become less stressful, so these ratings will not be entirely accurate for you. If, for example, you take a vacation only every five years, you might rate it a 25 instead of a 13. The common starting point used was a standard rate of 50 for marriage for all the people interviewed.

The combined total of both positive and negative stresses in the past few months will give you an idea of your current stress level. Keep in mind that people have varying stress-handling capacities and this table does not take into account such regular stresses as recreational drug use, alcoholism, chronic illness, allergy, battering and random stresses such as car accidents, contest winning to the dreaded tax audit. This is presented as information only and should not be used for diagnostic or treatment purposes.

EVENT

- 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 at work		47
- Marital reconciliation		45
- Retirement		45
- Change In health of family member		44
- Pregnancy		40
- Sexual difficulties		39
- Addition of new family member		39
- Business of adjustment		39
- Change in financial status		38
- Death of a close friend		37
- Change to different line of work		36
- Change in number of arguments with spouse		35
- Mortgage over \$10,000		31

- Foreclosure of mortgage or 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		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		19
- Mortgage or loan under \$10,000	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 of the law		11