

LIFE STRESS TEST

In a now-famous American study from 1967, Dr. Thomas H. Holmes and Dr. Richard H. Rahe created a do-it-yourself stress test. They examined the stress - measured the Life Changes (LCU) – that induced by experiences ranging from death of a spouse to getting a traffic ticket. By adding the LCU values of the past year, you can predict the likelihood of stress related illness or accident.

CHANCE OF ILLNESS OR ACCIDENT WITHIN 2 YEARS.

Total LCU below 150 – 35%
Total LCU between – 150 to 300 – 51%
Total LCU over 300 – 80%

_____ Death of Spouse - 100	_____ Change in work responsibilities – 29
_____ Divorce – 73	_____ Trouble with in-laws – 29
_____ Marital Separation – 65	_____ Outstanding personal achievement – 28
_____ Jail Term – 63	_____ Spouse begins or stops work – 26
_____ Death of close family member – 63	_____ Starting or finishing school – 26
_____ Personal injury or illness – 53	_____ Change in living conditions – 25
_____ Marriage – 50	_____ Revision of personal habits – 24
_____ Fired from work – 47	_____ Trouble with boss – 23
_____ Marital reconciliation – 45	_____ Change in work hours or conditions – 20
_____ Retirement – 45	_____ Change in residence – 20
_____ Change in family members health – 44	_____ Change in schools – 20
_____ Pregnancy – 40	_____ Change in recreational habits – 19
_____ Sex difficulties – 39	_____ Change in social activities – 18
_____ Addition to family – 39	_____ Mortgage or loan under \$10,000 – 17
_____ Business readjustment – 39	_____ Change in sleeping habits – 16
_____ Change in financial status – 38	_____ Change in number of family gatherings – 15
_____ Death of close friend – 37	_____ Change in eating habits – 15
_____ Change to different line of work – 36	_____ Vacation – 13
_____ Change in number of marital arguments – 35	_____ Christmas season – 12
_____ Mortgage or loan over \$10,000 – 31	_____ Minor violations of the law – 11
_____ Foreclosure of mortgage or loan – 30	_____ YOUR TOTAL

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale may predict the likelihood that you will fall victim to a stress related illness. This illness could be frequent tension headaches, acid indigestion, loss of sleep, to very serious illness like ulcers, cancer and migraines.

Daily practice of relaxation skills is very important for your wellness.
Take care of it now before serious illness erupts or an affliction becomes worse.