

The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated pointed.

Life Event	
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e. birth, adoption, older adult moving in, etc.)	39
15. Major business adjustment	39
16. Major change in financial state (i.e. a lot worse or better than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in number of arguments with spouse (i.e. a lot more or less)	35
20. Taking on a mortgage (for home, business, etc.)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, college, military, etc.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (i.e. new home, remodeling, deterioration, etc.)	25
29. Revision of personal habits (i.e. dress, associations, quit smoking, etc.)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e. a lot more or less)	19
36. Major change in social activities (i.e. clubs, movies, visiting, etc.)	18
37. Taking on a loan (i.e. car, tv, freezer, etc.)	17
38. Major change in sleeping habits (i.e. a lot more or less)	16
39. Major change in number of family get-togethers (i.e. a lot more or less)	15
40. Major change in eating habits (i.e. a lot more or less, eating hours, surroundings, etc)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (i.e. traffic tickets, jaywalking, etc.)	11

Now, add up all the points you have to find your score.

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induce health problems.

150 to 300pts implies about a 50% chance of a major stress-induced health problem in the next 2 years.

300pts or more raises the odds to about 80%, according to the Holmes-Rahe prediction model.

Activities to Improve Your Spirits

1. Reading novels or magazines
2. Watching TV
3. Renting and watching a video
4. Learning a new craft or hobby
5. Camping
6. Working in politics or for a political or social cause
7. Having lunch with friends
8. Taking a shower
9. Being with animals
10. Singing in a group
11. Going to church socials
12. Playing a musical instrument
13. Going to the beach
14. Rearranging your furniture
15. Reading something spiritual
16. Going to a sports event
17. Playing sports
18. Going to the movies
19. Cooking meals
20. Having a good cry
21. Going to a restaurant
22. Looking at beautiful flowers or plants
23. Saying prayers
24. Canning, making preserves, etc.
25. Taking a bath
26. Making food or crafts to sell or give away
27. Painting or drawing
28. Visiting people who are sick or shut in
29. Bowling
30. Gardening or doing yard work
31. Shopping
32. Sitting in the sun
33. Going to the zoo or amusement park
34. Playing board games
35. Doing outdoor work
36. reading the newspaper
37. Swimming
38. Running, jogging or walking
39. While walking, noticed new things
40. Playing Frisbee
41. Listening to music
42. Knitting, crocheting, needlework
43. Starting a new project
44. Having sex
45. Bird watching
46. Repairing things
47. Bicycling
48. Giving gifts
49. Going on outings (to the park, picnic)
50. Playing basketball
51. Helping someone
52. Seeing beautiful scenery
53. Hiking
54. Going to a museum
55. Fishing
56. Going to a health club
57. Writing letters, cards, notes
58. Going to luncheons, potlucks, etc.
59. Being with my spouse or partner
60. Going on field trips, nature walks, etc.
61. Expressing my love to someone
62. Caring for houseplants
63. Collecting things
64. Sewing
65. Going to auctions, garage sales, etc.
66. Doing volunteer work
67. Seeing old friends
68. Writing to old friends
69. Calling old friends
70. Going to the library

Creating Your Special Place

In creating your own special place, you will be making a retreat for relaxation and hearing your inner voice.

A special place might be at the end of a path that leads to a pond. Grass is under your feet, the pond is about 30 yards away and mountains are in the distant. You can feel the coolness of the air in this shady spot. The birds are singing. The sun is bright on the pond. The flowers' sweet smells attract the bees buzzing over them.

Or your special place might be a sparkling clean kitchen, with cinnamon buns baking in the oven. Through the kitchen window you can see fields of yellow wheat. A wind chime flutters in the breeze.

Try taping this exercise and playing it, or have a friend read it to you slowly.

To go to your safe and special place, lie down, be totally comfortable. Close your eyes...Walk slowly to a quiet place in your mind...Your place can be inside or outside....It needs to be peaceful and safe...Picture yourself unloading your anxieties, your worries...Notice the view in the distance....What do you see?...What do you smell?...What do you hear?...Notice what is before you...Reach out and touch it...How does it feel?...Smell it...Hear it...Make the temperature comfortable...Be safe here...Look around for a special spot, a private spot...Find the path to this place...Feel the ground with your feet...Look above you...What do you see?...Hear?...Smell?...Walk down this path until you can enter your own quiet, comfortable, safe place.

You have arrived at your special place...What is under your feet?...How does it feel?...Take several steps...What do you see above you?...What do you hear?...Do you hear something else?...Reach out and touch something...What is its texture?...

Sit or lie in your special place...Notice its smells, sounds, sights...This is your place and nothing can harm you here...If danger is here, expel it...Spend a few minutes realizing you are relaxed, safe and comfortable.

Memorize this place's smells, tastes, sights, sounds...You can come back and relax here whenever you want...Leave by the same path or entrance...Notice the ground, touch things near you...Look far away and appreciate the view...Remind yourself this special place you created can be entered whenever you wish. Say an affirmation such as, "I can relax here," or "This is my safe and special place. I can come here whenever I wish."

Now open your eyes and spend a few seconds appreciating your relaxation.