

Measuring Your Stress Level

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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
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- Minor violations of the law	11