**SCORING FOR THE HOLMES-RAHE SOCIAL READJUSTMENT SCALE**

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| --- | --- | --- |
| Less than 150 life change units | = | 30% chance of developing a stress-related illness |
| 150 - 299 life change units  | = | 50% chance of illness  |
| Over 300 life change units  | = | 80% chance of illness  |

* If your total score was:
* 0-100 Stress should be easy to deal with
* 100-200 Life is challenging without major problems
* 200-300 Life requires good coping skills to be happy
* 300-350 Signs of stress and illness may already be apparent
* Over 350 You should seek professional stress reduction help

Find ways to reduce stress in your daily life so that your stress level does not increase. The higher the score, the harder one needs to work to reduce stress.

Holmes T. & Rahe, R. (1967) HOLMES-RAHE SOCIAL READJUSTMENT SCALE *Journal of Psychosomatic Research*, vol. II.

For the instructor only.

Do not hand out.

After reviewing this with the class, keep this in the instructor box.