*Stress Management Training S1.b*

*Session One*

***Holmes and Rahe Social Readjustment Rating Scale***

Name...........................................................................................................................................

LIFE EVENT VALUE

Death of a Spouse 100

Divorce 73

Marital Separation 65

Prison Term 63

Death of a close family member 63

Personal injury or illness 53

Marriage 50

Sacked from work 47

Marital Reconciliation 45

Retirement 45

Change in family member's health 44

Pregnancy 40

Sex difficulties 39

Addition to family 39

Business Readjustment 39

Change in Financial Status 38

Death of a Close Friend 37

Change to a different type of work 36

Change in number of marital arguments 36

Mortgage or large loan 31

Foreclosure of mortgage or loan 30

Change in work responsibilities 29

Son or daughter leaving home 29

Trouble with in-laws 29

Outstanding personal achievement 28

Spouse begins or stops work 26

Starting or finishing education 26

Change in living conditions 25

Revision of personal habits 24

Trouble with the boss 23

Change in work hours or conditions 20

Change in residence 20

Change in educational establishment 20

Change in church activities 19

Change in social activities 18

Small mortgage or loan 17

Change in sleeping habits 16

Change in number of family gatherings 15

Change in eating habits 15

Holiday 13

Minor Breach of the law 11

**TOTAL:** \_\_\_\_\_\_\_

* *When you have completed this form either move on to the answer sheet below to get an understanding of what your score means or return your completed form to your coach ; email:* [*info@outcomecoaching.ie*](mailto:info@outcomecoaching.ie) *who will review your score and revert to you.*
* *If you have any concerns in relation to your score feel free to email your coach for further discussion.*

*Stress Management Training S1.b*

*Session One*

***Holmes and Rahe Scale/Trainer's Answer Sheet***

Scoring

Below 60: The Client's life has been unusually free from stress

recently.

60 - 80: The Client has had a normal amount of stress recently

This score is average for the ordinary life style.

80 - 100: The stress in the Client's life is a little high, maybe

because of one recent event.

Over 100: Pressures and stresses are piling up and the Client is

under serious stress. They need to begin to look at

ways to reduce stress.

Over 200 This is a very high score and the Client is under serious stress, so much so that they could be at risk of

developing a stress-related illness. Measures should

be taken to reduce the stresses in their life.

Over 300: A serious score, the Client is at risk of developing

a stress-related illness. Urgent measures should be

taken to reduce stress.