

Stress Calculator



Questions to answer

If **Yes**, add numbers correlating to stress event, leave No empty

If **Yes**, record number in box to add at end

Yes No

	Yes	No
1 Death of spouse (100)		
2 Divorce (75)		
3 Marital separation (65)		
4 Jail term (65)		
5 Death of close family member (65)		
6 Moving house (55)		
7 Getting Married (50)		
8 Personal injury or illness (50)		
9 Marital reconciliation (45)		
10 Retirement (45)		
11 Change in health of family member (45)		
12 Pregnancy (45)		
13 Fired from work (45)		
14 Birth of Child (40)		
15 Business readjustment (40)		
16 Change in financial state (40)		
17 Sex difficulties or frustrations (40)		
18 Change to a different line of work (35)		
19 Arguments with spouse (35)		
20 Death of close friend (35)		
21 Foreclosure of mortgage or loan (30)		
22 Change in responsibilities at work (30)		
23 Child leaving home (30)		
24 Large mortgage or loan (30)		
25 Outstanding personal achievement (25)		
26 Spouse begins or stops work (25)		
27 Begin or end school/college (25)		
28 Change in living conditions (25)		
29 Trouble with in-laws (25)		

30 Trouble/ conflict with boss (25)		
31 Unwelcome change in work hours or conditions (20)		
32 Adjustment of personal habits e.g. smoking, alcohol, gambling (20)		
33 Change in school/start university (20)		
34 Change in exercise (15)		
35 Change in life style (15)		
36 Change in social activities (15)		
37 A manageable loan or mortgage (15)		
38 Change in sleeping habits (15)		
39 Regular family get-togethers (15)		
40 Change in eating habits (15)		
41 Christmas (15)		
42 Vacation / trip away (10)		
43 Minor violations of the law (10)		
TOTAL		

The Holmes and Rahe Stress Scale is a well-known tool for measuring the amount of stress you are or have experienced over the past year. This test helps you understand the stress risk you are under.

Results	
1-150	You have only a low to moderate chance of suffering ill effects in the near future from stress.
151-299	You have a moderate to high chance of suffering ill effects in the near future and it is recommended you start managing the stressors and anxiety in your life.
300-600	You have a high or very high risk of becoming ill in the near future. This is now urgent to take proactive steps to <u>lower your levels of stress and anxiety</u> . You can't always change events; however, you can take steps to learn to manage these stressors and improve your life outcome.
601+++	Time to consider medical intervention and start positive steps to reduce your stress levels urgently. Your risk is excessively high.

Warning: Stress can cause serious health problems. Stress management techniques are highly recommended. If you have any concerns, please speak to your doctor or a suitably qualified mental health professional.

Reduce Your Stress and Anxiety Now

Click here to.....

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Please visit [Virtual Hypnotherapy](http://VirtualHypnotherapy.com) for information and sessions to help alleviate any issues you are carrying or experiencing and wish to change or improve.



VirtualHypnotherapy.com