

**Food Safety Inspection Service**  
**Wellness Training Program**

**Worksheet Two: The Holmes-Rahe Life Events Scale**

**Instructions:** Print out this worksheet and assign a score to each of the life events you have experienced in the past two years, based on the values given in the charts. If any particular event has occurred more than once, multiply the value for that event by the number of occurrences to get your score for that item.

<b>Life Event</b>	<b>Value</b>	<b>Your Score</b>
Death of a spouse	100	_____
Divorce	73	_____
Marital separation	65	_____
Jail term	63	_____
Death of a close family member	63	_____
Withdrawal from smoking or other addiction	60	_____
Personal injury or illness	53	_____
Marriage	50	_____
Fired at work	47	_____
Retirement	45	_____
Marital reconciliation	45	_____
Change in health of family member	44	_____
Pregnancy	40	_____
New technology in the office	40	_____
Sex difficulties	39	_____
Gain of a new family member	39	_____
<b>Subtotal</b> (transfer to next page)		_____

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<b>Life Event</b>	<b>Value</b>	<b>Your Score</b>
<b>Subtotal</b> (from previous page)		_____
Business adjustment	39	_____
Change in financial state	38	_____
Death of a close friend	37	_____
Change to a different line of work	36	_____
Change in number of arguments with spouse	35	_____
Workaholic hours (more than 12 hours per day)	35	_____
Mortgage or loan over one year's net salary	31	_____
Foreclosure of mortgage or loan	30	_____
Travel stress (away from home more than 4 days per month)	30	_____
Change in responsibilities at work	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Spouse begins or stops work	26	_____
Begin or end school	26	_____
Change in living conditions	26	_____
Commuting stress (more than 5 hours commuting per week)	25	_____
Revision in personal habits	24	_____
<b>Subtotal</b> (transfer to next page)		_____

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<b>Life Event</b>	<b>Value</b>	<b>Your Score</b>
<b>Subtotal</b> (from previous page)		_____
Trouble with boss	23	_____
Change in work hours or conditions	20	_____
New boss	20	_____
Change in schools	20	_____
Change in recreation	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Mortgage or loan less than one year's net salary	17	_____
Change in sleeping habits	16	_____
Change in number of family get-togethers	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas	12	_____
Minor violations of the law	11	_____
Miscellaneous		_____
<b>Enter Your Total Here</b>		_____

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Under "Miscellaneous," add any events not covered and assign a value to each, based on where you think the events will fit on the list. **Once you have rated all life events that apply to you, add the numbers to arrive at your total.** You now have some objective idea of the amount of stress that challenges you. If your score is less than 150 points, you have a 30 percent chance of a negative change in your health within the next year, which is considered average. Up to 300 points gives you a 50 percent chance of a negative change. More than 300 points gives you an 80 percent chance of a negative health change. Holmes and Rahe's research found that there was indeed a correlation between the number and severity of changes to which a person must adjust, and the chances of experiencing negative health changes. **Adjusting to many positive and/or negative changes can make you vulnerable to stress induced illnesses. Having regular checkups from your doctor, at least annually if you have a high stress score, will help you gain insight into your own target areas and help to prevent crisis.** Modules VI and VII provide healthy options for managing stress that result from common life events. Remember what your Holmes-Rahe score is. You will use that score in Module VII.