

REWIRE YOUR DESIRE

The Holmes and Rahe Stress Scale

Psychiatrists Thomas Holmes and Richard Rahe developed the Holmes and Rahe stress scale to help people get a sense of which life events are leading to excess stress. Excess stress can lead to major health breakdown, including adrenal fatigue, low sex drive, and poor health.

There are two things you can do to lessen your stress. First, remove your stressors. This is not always possible, but you may be surprised at how it is sometimes easier than you think. Aim to remove stressful people or things from your life as quickly as possible. Decide, create a plan, and take action. Second, use these stress relief practices to bring your mind and body into balance.

Stress Relief

- **Practice relaxation techniques** several times each day. Deep belly breaths, guided meditation, yoga, tai chi, chi gong, prayer, massage, nature walks, and spiritual reading are some of the many relaxation practices you can do.
- **Eat small, frequent meals** and keep sugar intake low to keep your blood sugar balanced.
- **Get plenty of rest**, 7-8 hours a night is essential to keeping your body healthy and your stress levels manageable.
- **Supplement your diet:**
 - Ashwagandha: Take 500mg twice a day.
 - B vitamins: Take 100mg a day of a B-complex containing the entire spectrum of B vitamins. B vitamins are also readily available in meats, dairy, and nutritional yeast.
 - Valerian/Passionflower: If you're having trouble sleeping, try in supplement form, or even better, as a relaxing tea before bed.

Instructions

To gauge your stress level, go through the list of life events and check the right hand column for each event that has happened to you in the past year. (Note: To gain the most accurate score, if you've experienced any of these events more than once in the last year, total up the score for each time that event has happened. We've added blank lines at the bottom for your multiple events.)*

Once you are done, tally up the total score and check the table below to interpret your results.

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Life Event	Value	Check all that apply
Death of spouse	100	
Divorce	73	
Marital Separation	65	
Jail term	63	
Death of 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	
Sex difficulties	39	
Gain of new family member	39	
Business readjustment	39	
Change in financial state	38	
Death of close friend	37	
Change to a different line of work	36	
Change in number of arguments with spouse	35	
A large mortgage or loan	31	
Foreclosure of mortgage or loan	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/college	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/college	20	
Change in recreation	19	
Change in church activities	19	
Change in social activities	18	
A moderate loan or mortgage	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	
Your Total		

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Score Interpretation

Score	Result
Over 300	No wonder you're stressed! Life's thrown you some real curveballs this year. You're going to have to work extra hard on stress reduction techniques in order to get your stress levels under control. If you don't, you'll be at serious risk of developing a stress-related illness or a major health breakdown in the very near future.
150-299	Your stress level is going to heavily depend on how well you deal with stress and how much extra stress you put on your adrenals with your daily habits and sugar intake. You are at moderate risk of suffering a major health breakdown due to stress if you don't take steps to bring your stress under control.
Under 150	Your stress level should be manageable, and you have a low risk of becoming ill due to stress, but you could still benefit from learning some stress reduction techniques and tools to keeping your adrenals healthy. If you learn to manage your stress now, you'll have a much better chance of being able to deal with any major life stressors that come your way.

**Note: This table is taken from "The Social Readjustment Rating Scale," Thomas H. Holmes and Richard H. Rahe, [Journal of Psychosomatic Research](#), Volume 11, Issue 2, August 1967, Pages 213-218, Copyright © 1967 Published by Elsevier Science Inc. All rights reserved.*