

THE LEVELS OF STRESS CAUSED BY LIFE EVENTS

Death of a spouse	100
Divorce	75
Marital separation	65
Prison sentence	65
Death of close family member	65
Serious injury or illness	55
Getting married	50
Redundancy or dismissal	48
Marital reconciliation	45
Retirement	44
Illness affecting close family member	44
Pregnancy	40
Sexual difficulties	40
New baby	39
Change in business	38
Change in financial affairs	38
Death of close friend	38
Change in work	37
Change in relationship with partner	36
Mortgage rate rise	31
Loss of mortgage	30
New boss	28
Children leaving home	27
Problems with in-laws	26
Winning award	26
Partner changing type of work	25
Beginning or stopping study course	23
Change in living conditions	23
Change in personal habits	22
Falling out with the boss	21
Change in working conditions	20
Moving house	20
Children changing schools	19
Change in social activities	18
Change in religious activities	18
Taking out a loan	17
Altered sleep pattern	17
Change in family location	16
Dieting	15
Holidays	15
Christmas	15
Minor law breaking	15

Stress management consultants use this list of the principle life events known to cause stress to help determine the probable causes of stress within their clients. Notice that some life events are 'good' whilst others are 'bad' yet they all create stress.

If we score more than 150 points in one year then the chances are we will experience a down turn in health. If we score over 300 points in one year this will almost certainly lead to a major health problem unless action is taken.