

Stress Inventory

(Adapted from Holmes & Rahe, The Social Readjustment Rating Scale, 1967.)

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NAME

DATE

Many things can be stressors.

Stress is cumulative. We often don't notice "smaller things", but they do add up. And, together they can shape our deep health, behaviors, and overall outlook on life.

This "stress inventory" helps you identify recent stressors in your life, to help you understand what you may be feeling, thinking, and doing now as a result.

How to complete this inventory

- **Think about the last year or so.** (It doesn't have to be exactly a year.)
- **Review the list below.**
- **If any of these life events have happened to you during that time, check the corresponding box.**
- **Once you're done, you'll get a total stress score.**

This will take about 10 minutes to complete.

Notes:

- 1. Updates:** We've updated the original 1967 Holmes & Rahe Social Readjustment Rating Scale scale to add a few items for the global pandemic beginning in 2020, experiences of systemic oppression, and political events.
- 2. Stress affects many domains:** Many of these items can fall into more than one category (e.g., pregnancy can be a physical, mental, emotional, social, economic and other lifestyle stressor).
- 3. Stressors can't really be measured numerically.** You may have felt more or less affected by any of these events. "Big" ones can feel small, and vice versa. This is a starting point only.
- 4. Feel free to add anything we missed.** This is your experience. The goal here is just to do a "stress inventory" to identify at least some of the stressors that could be cumulatively affecting your deep health.

LIFE EVENT	THIS HAPPENED
Global pandemic-related	
Being a front line worker during pandemic (e.g., health care)	<input type="checkbox"/>
Global pandemic - general	<input type="checkbox"/>
Unable to access basic needs or goods because of pandemic (e.g., food, hygiene supplies, clean living conditions etc.)	<input type="checkbox"/>
Pandemic with strict lockdowns	<input type="checkbox"/>
Home schooling (if not used to it)	<input type="checkbox"/>
Sudden job loss from pandemic	<input type="checkbox"/>
Significant change in work practices (e.g., suddenly working from home)	<input type="checkbox"/>
Social stressors	
Death and loss	
Death of spouse / partner	<input type="checkbox"/>
Death of a close family member	<input type="checkbox"/>
Death of a close friend	<input type="checkbox"/>
Violence, abuse, and discrimination Note: This can be physical, emotional, sexual, verbal, etc.	
Experiencing violence / abuse within the home (i.e., from household members)	<input type="checkbox"/>
Witnessing violence / abuse within the home (i.e., from household members)	<input type="checkbox"/>
Experiencing violence / abuse outside the home (e.g., on the street, at the workplace, etc.)	<input type="checkbox"/>

Stress Inventory (cont'd)

Witnessing violence / abuse outside the home (e.g., on the street, at the workplace, etc.)	<input type="checkbox"/>
Direct experience of overt discrimination (e.g., harassment based on race/ethnicity, sexual orientation, disability, etc.)	<input type="checkbox"/>
Minor experiences of discrimination (e.g., microaggressions, small slights based on race/ethnicity, sexual orientation, disability, etc.) <i>Note: These add up. Consider the ongoing, long-term effects of multiple occurrences as much higher, and mentally add some points here if this was persistent.</i>	<input type="checkbox"/>
Relationship transitions and tensions	
Major change in the health or behavior of a family member	<input type="checkbox"/>
Gaining a new family member (e.g., adoption, older adult moving in, etc.)	<input type="checkbox"/>
Marriage	<input type="checkbox"/>
Divorce	<input type="checkbox"/>
Marital separation from partner(s)	<input type="checkbox"/>
Marital reconciliation with partner(s)	<input type="checkbox"/>
Sexual difficulties	<input type="checkbox"/>
Major change in the number of arguments with spouse / partner(s) — either a lot more or a lot less than usual	<input type="checkbox"/>
Child leaving home (e.g., for university, joining military, etc.)	<input type="checkbox"/>
Troubles with extended or in-law family	<input type="checkbox"/>
Major change in number of family get-togethers	<input type="checkbox"/>
Major change in social activities (e.g., much more or less going out, socializing, group events, etc.)	<input type="checkbox"/>

Political / cultural stressors	
Significant political upheaval (e.g., divisive elections, political unrest or instability, etc.) <i>Note: Feel free to increase this score depending on the specific events.</i>	<input type="checkbox"/>
Migration to live in another country	<input type="checkbox"/>
Experiencing war / genocide	<input type="checkbox"/>
Having to adapt to a new culture / language	<input type="checkbox"/>
Physical stress	
Major personal injury or illness	<input type="checkbox"/>
Pregnancy	<input type="checkbox"/>
Miscarriage	<input type="checkbox"/>
Major change in sleeping habits (a lot more or a lot less than usual)	<input type="checkbox"/>
Physical disability that causes pain and/or significantly limits daily activities	<input type="checkbox"/>
Substance abuse and/or addiction (e.g., alcoholism, drug addiction)	<input type="checkbox"/>
Major change in eating habits (e.g., eating a lot more or less, or very different meal hours or surroundings)	<input type="checkbox"/>
Major change in usual type and/or amount of physical activity	<input type="checkbox"/>
Economic / employment stressors	
Work and employment	
Starting a new job or business	<input type="checkbox"/>
Being fired at work	<input type="checkbox"/>

Stress Inventory (cont'd)

Retirement from work	<input type="checkbox"/>
Major business readjustment (e.g., layoffs, market changes)	<input type="checkbox"/>
Major change in financial state (i.e., a lot worse or better off than usual)	<input type="checkbox"/>
Changing to a different line of work	<input type="checkbox"/>
Troubles with boss	<input type="checkbox"/>
Major change in responsibilities at work (e.g., promotion, demotion)	<input type="checkbox"/>
Major changes in working hours or conditions	<input type="checkbox"/>
Major change in spouse / partner's work arrangements	<input type="checkbox"/>
Personal finances	
Declaring bankruptcy	<input type="checkbox"/>
Taking on a mortgage (i.e., for home, business, etc.)	<input type="checkbox"/>
Taking on a loan	<input type="checkbox"/>
Foreclosure on a mortgage or loan	<input type="checkbox"/>
Lifestyle / other stressors	
Detention in jail or other institution <i>Note: Depending on the country's penal system, feel free to increase this stress score</i>	<input type="checkbox"/>
Revision of personal habits (e.g., quitting smoking, changing activities, etc.)	<input type="checkbox"/>
Outstanding personal achievement	<input type="checkbox"/>
Beginning or ending formal schooling	<input type="checkbox"/>

Vacation	<input type="checkbox"/>
Major holidays	<input type="checkbox"/>
Minor violations of the law (e.g., traffic tickets, jaywalking, disturbing the peace. etc.)	<input type="checkbox"/>
Major change in usual type and/or amount of recreation	<input type="checkbox"/>
Major change in faith-related activity (e.g., going to church, synagogue, temple, etc. much more or less than normal)	<input type="checkbox"/>
Environmental stressors	
Experiencing natural disaster (e.g., forest fire, hurricane, earthquake)	<input type="checkbox"/>
Major change in living condition (e.g., new home, remodeling, deterioration of neighborhood or home, etc.)	<input type="checkbox"/>
Changes in residence	<input type="checkbox"/>
Changing to a new school	<input type="checkbox"/>
Military service in active conflict zone	<input type="checkbox"/>

TOTAL STRESS SCORE

What your score means

People vary quite a lot in how much stimulation and stress they prefer and can cope with.

There is no objective amount or type of life events that will always cause problems for everyone. What is relaxing and rejuvenating for one person may be boring and tedious for someone else.

As you review your score, consider how your overall physical, mental, and emotional health is faring, as well as how well you are functioning, coping, and thriving in your daily life (e.g., within relationships, at work or school, as a parent or caregiver, taking care of yourself, etc.).

Consider discussing your experiences with a coach, counselor, and/or trusted friend or family member to get objective feedback on how well you're doing.

150 POINTS OR LESS

You've had a relatively low amount of life change and stressors recently. This may be creating some boredom (if you prefer stimulation and excitement), or it may represent a welcome break and stability. You're unlikely to have stress-related health issues.

150 TO 300 POINTS

You've had a moderate amount of potentially stressful life events recently. Depending on your unique stress sensitivity and your ability to recover from what you're dealing with, there's about a 50% chance of a major health breakdown in the next 2 years, according to the Holmes-Rahe statistical prediction model.

300 POINTS OR MORE

Unless you're someone who absolutely thrives on chaos, stimulation, and high-pressure situations, your odds of having a major health event in the next two years from cumulative stress are about 80%, according to the Holmes-Rahe statistical prediction model.

Note: Your risk of major health events will decrease if you are actively working to recover and manage your stress (e.g., with exercise, supportive relationships, meditation, time in nature, counseling / therapy, etc.).

Sources

Original stress scale: Holmes TH, Rahe RH. The Social Readjustment Rating Scale. *J Psychosom Res* 1967;11:213–218.

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