

THE WARRIOR PERSONAL STRESS RATING SCALE

This scale allows you to determine the total amount of stress you are experiencing by adding up the relative stress values, known as Life Change Units (LCU), for various events. This is another tool to help you in your readjustment to another command and unit. This is adapted from the "Social Readjustment Rating Scale" by Thomas Holmes and Richard Rahe. This scale was first published in the Journal of Psychosomatic Research. 1967. vol. II p. 214

Unit:		Gender:	Rank:	Years in military:	Date:
CHECK	EVENT				VALUE
	Death of a spouse				100
	Divorce (of yourself or parents)				65
	Deployed to a combat zone within the past 3 years.				65
	Pregnancy (or causing pregnancy)				65
	Marital separation (or break-up with boyfriend/girlfriend)				60
	NJP/Office hours				60
	Death of other family members (other than spouse, parent, or boyfriend/girlfriend)				60
	Permanent Change of Station (PCS) from overseas				55
	Broken engagement				55
	Engagement				50
	Serious personal injury or illness				45
	Fired at work				45
	Entering college or beginning next level of school				45
	Change in independence or responsibility				45
	Any drug or alcohol use				45
	Change in alcohol or drug use				45
	Permanent Change of Station				40
	Reconciliation with spouse, family or boyfriend/girlfriend (getting back together)				40
	Trouble at work				40
	Retirement				40
	Change in health of immediate family member				40
	Sex difficulties				35
	Working while attending school				35
	Working more than 40 hours a week				35
	Change in frequency of dating				35
	Gain of a new family member (new baby or parent remarries)				35
	Change in work responsibilities				35
	Change in financial state				30
	Change in number of arguments with spouse or partner				30
	Death of a close friend				30
	Change to a different kind of work				30
	Change in number of arguments with mate, family, or friends				30
	Mortgage or loan for a major purchase				25
	Sleep less than 8 hours a night				25
	Trouble with in-laws of boyfriend's or girlfriends family				25
	Outstanding personal achievement (awards)				25
	Mate stops working				20
	Begin or end school				20
	Change in living conditions (visitors in home, remodeling, change in roommates)				20
	Change in personal habits (start or stop habit like smoking or dieting)				20

(Continued on next page)

	Chronic allergies	20
	Trouble with boss	20
	Change in religious activity	15
	Moving to new residence post PCS (on/off base)	15
	Change in work hours	15
	Change in social activities	15
	Change to a new school (TAD/in town)	10
	Going in debt (you or your family)	10
	Change in frequency in family gatherings	10
	Leave or vacation	10
	Presently in the winter holiday season	10

Total Stress Rating Scale Value: _____

300 +	You have very high level of stress
150-299	You are moderately stressed
< 150	Low to moderate stress

The impact of stress is subjective depending on how it affects you. Some Marines thrive under stress others will struggle. Regardless of your score what can you do about stress?

- 1. Focus on those things you can control.** People often pretend they are in control of every aspect of their life but that's simply not the case; however, there are areas you can control to help alleviate stress whether its external or internal. For instance if you are in debt, you can take charge of your finances to some degree by becoming financially literate and seeking help from your unit Command Financial Planning Specialist and MCCS counselors.
- 2. Lower your physical stress level.** The original intent of the Holmes and Rahe scale was to determine how stress impacted physical health. They determined high levels of stress greatly increased the likelihood of a serious physical ailment as a result of stress. Taking charge of your personal fitness to include getting adequate rest and nutrition will lower the physical impact of stress.
- 3. Seek help.** Your unit and base have access to a wealth of information and resources to help Marines deal with stress. Additionally, unit OSCAR team members, the professionals at MCCS and your unit Chaplain are skilled in helping Marines deal with life events that induce stress.