

# TOP 10 MOST STRESSFUL LIFE EVENTS

So what are the top ten most stressful life events on the Holmes and Rahe scale, and how are they used to predict the likelihood of illness? Each event is assigned a "Life Change Unit" score. These are then added together over a year and used to predict your risk of illness. For adults, the top ten most stressful life events and their "Life Change Unit" scores are as follows:



**1** Death of a spouse (or child): 100

**5** Death of a close family member: 63



**2** Divorce: 73



**3** Marital separation: 65



Imprisonment: 65

**4**



**6** Personal injury or illness: 53



**7** Marriage: 50



Dismissal from work: 47

**8**



Marital reconciliation: 45

**9**



Retirement: 45

**10**

- ### Other Stressful Life Events
- Change in health of family member: 44
  - Pregnancy: 40
  - Sex difficulties: 39
  - Business readjustment: 39
  - Change in financial state: 38
  - Career Change: 36