

Stress. The Path to Peace, by Simon Vibert

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Why this topic?

- Personal reasons
- Ministry reasons
- Research methods

Am I stressed?

- Stress is stress when...
- The Holmes and Rahe "Life Change Scale" (1967) (PTO)

Is stress new?

- Yes? (pressures of modern living)
- No? (e.g. Psalm 25)

What are some of the key issues? How may my faith help me in practice?

- Worry
- Anger
- Ambition
- Work/Rest/Worship

What practical steps will I take to deal with stress?

- Actions for me...

Holmes and Rahe Stress Scale measurement of "Life Change Units"

Life event	Life change units
Death of a spouse	100
Divorce	73
Marital separation	65
Imprisonment	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Dismissal from work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual difficulties	39
Gain a new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to different line of work	36
Change in frequency of arguments	35
Major mortgage	32
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29
Child leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse starts or stops work	26
Beginning or end school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in working hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Minor mortgage or loan	17
Change in sleeping habits	16
Change in number of family reunions	15
Change in eating habits	15
Vacation	13
Christmas	12
Minor violation of law	<u>11</u>
Total	

Score of 300+: At risk of illness.

Score of 150-299: Risk of illness is moderate (reduced by 30% from the above risk).

Score <150: Only have a slight risk of illness.