4.bis_LIFE EVENTS LIST

LIFE CHANGES STRESS LEVEL

Here is a list of life changes created by Holmes and Rahe two psychiatrists, back in 1967.

Depending on how you cope with the situation it gives you an idea of the amount of energy you need to face it according to my definition of "STRESS" (watch video $N^{\circ}4$).

You count the event(s) in the past year and the possible event to happen in the next months to get "your TOTAL".

It will also depend on your copying strategies, like your possibility not to stay alone with the pain, for example to talk to someone as neutral as possible, also if the event is sudden or if it was kind of predictable, but also if you need to cope with one event or several !

However, every individual can cope very differently than someone else, depending on possible interpretation, copying strategies and so on...

As an aerobatic pilot/competitor, you could live some of those events; on top of the possible "stress" of the sport and the competition, it can be a tough task to deal with (depending how you learn to cope with).

It can affect your results and even sometimes your health and your safety !

Feel you free to use the list on the next page to estimate your own level of stress due to different life events.

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