

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°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 coping 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, coping 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.*

LIFE EVENTS		LIFE CHANGE UNITS
1/	Death of a spouse	100
2/	Divorce	73
3/	Marital separation	65
4/	Imprisonment	63
5/	Death of a close family member	63
6/	Personal injury or illness	53
7/	Marriage	50
8/	Dismissal from work	47
9/	Marital reconciliation	45
10/	Retirement	45
11/	Change in health of family member	44
12/	Pregnancy	40
13/	Sexual difficulties	39
14/	Gain a new family member	39
15/	Business readjustment	39
16/	Change in financial state	38
17/	Death of a close friend	37
18/	Change to different line of work	36
19/	Change in frequency of arguments	35
20/	Major mortgage	32
21/	Foreclosure of mortgage or loan	30
22/	Change in responsibilities at work	29
23/	Child leaving home	29
24/	Trouble with in-laws	29
25/	Outstanding personal achievement	28
26/	Spouse starts or stops work	26
27/	Beginning or end of school	26
28/	Change in living conditions	25
29/	Revision of personal habits	24
30/	Trouble with boss	23
31/	Change in working hours or conditions	20
32/	Change in residence	20
33/	Change in schools	20
34/	Change in recreation	19
35/	Change in church activities	19
36/	Change in social activities	18
37/	Minor mortgage or loan	17
38/	Change in sleeping habits	16
39/	Change in number of family reunions	15
40/	Change in eating habits	15
41/	Vacation	13
42/	Major Holiday	12
43/	Minor violation of law	11
Your TOTAL		