

“MANAGING *STRESS* IN A CHAOTIC WORLD”

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HOLMES-RAHE SCALE OF STRESS RATINGS

INSTRUCTIONS: The following numerical ratings apply only to stressors you've undergone within the past two years. Use the blanks at the end to add any stressors that don't appear on the scale.

(You can assign numerical values to them by comparing them to items listed here.)

Once you have rated all relevant stressors, total them up to arrive at your Stress Score.

LIFE EVENT	VALUE	SCORE
Death of spouse	100	
Divorce	73	
Marital separation	65	
Jail term	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired from job	47	
Marital reconciliation	45	
Retirement	45	
Change in health of family member	44	
Pregnancy	40	
Sex difficulties	39	
Gain of new family member (via birth, adoption, blending families)	39	
Business adjustment	39	
Change in financial state	38	
Death of a close friend	37	
Change to different line of work	36	
Change in number of arguments with spouse	35	
Mortgage amount exceeds one year's net salary	31	
Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	

IMPORTANT & CHANGEABLE

*PROBLEM-SOLVING
TECHNIQUES*

IMPORTANT & UNCHANGEABLE

*EMOTION-FOCUSED
COPING TECHNIQUES*

UNIMPORTANT & UNCHANGEABLE

PRIORITIZE TO ADDRESS MORE
IMPORTANT ISSUES FIRST.
USE PROBLEM-SOLVING TECHNIQUES
WHEN TIME PERMITS
-OR-
DECIDE IF IT CAN BE REMOVED FROM
LIST.

UNIMPORTANT & UNCHANGEABLE

LOOK AT IT FROM A NEW PERSPECTIVE:
"DON'T SWEAT THE SMALL STUFF."
"LET IT GO."
"I CAN FOCUS MY VALUABLE ENERGY
ON IMPORTANT ISSUES."

PROBLEM SOLVING FOR IMPORANT & CHANGEABLE STRESSORS

- 1) Identify problem, issue, stressor.
- 2) Set SMART goal (90 days is a good timeframe to start.)
- 3) Break the goal down into small, daily doses.
 - a. Salami-slice method:
 - b. Swiss cheese method:
- 4) Set deadlines to *start*.
- 5) Target 4-5 important tasks per day; let the rest go.

SMART GOALS

- Specific: Not "I want to lose weight", but "I want to lose 12 lbs"
- Measurable: "I will weigh myself once/wk on the same scale."
- Achievable: "I've the time & funds & motivation to exercise/diet"
- Realistic: "Given my health and past performance, I can work the plan."
- Time-limited: "I plan to accomplish this in 3 months/ a pound per week."

EMOTION-FOCUSED COPING SKILLS FOR IMPORTANT & UNCHANGEABLE STRESSORS

- A. Identify unchangeable situation, issue, stressor
 - B. Create SMART goals using healthy, emotion-focused options which include:
 - 1) Partner with God
 - 2) Perfect the Present
 - 3) Get a Group
 - 4) Get Up and Play!
- Give Yourself Grace (with "Ish")