

SOURCES OF STRESS

LIFE EVENTS

(Holmes-Rahe scale)

- Death of spouse
- Divorce
- Death of close family member
- Major personal injury or illness
- Marriage
- Being fired at work
- Retirement from work
- Major change in health/behaviour of family member
- Pregnancy
- Major change in financial state

DAILY HASSLES

(Lazarus-Folkman scale)

- Too many things to do
- Wasting time
- Not enough time to do the things you need to
- Rising cost of common goods
- Home maintenance
- Physical appearance
- Misplacing/losing things
- Troubling thoughts about the future
- Not getting enough sleep
- Problems getting along with fellow workers



Conquering Stress In Daily Life

M Mark



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