

Prevent, Halt & Reverse Heart Disease

LIFE EVENTS

If one of the following events occurred in your life within the last year, give yourself the mean value in points in the *past* column. If you can reasonably expect it to happen in the year to come, give yourself the value in the *future* column.

MEAN VALUE	PAST	FUTURE	LIFE EVENT
100	_____	_____	1. Death of spouse
73	_____	_____	2. Divorce
65	_____	_____	3. Marital separation (or separation from any major intimate relationship)
63	_____	_____	4. Detention in jail or other institution
63	_____	_____	5. Death of a close family member
53	_____	_____	6. Major personal injury or illness
50	_____	_____	7. Marriage
47	_____	_____	8. Being fired from work
45	_____	_____	9. Marital reconciliation
45	_____	_____	10. Retirement from work
44	_____	_____	11. Major change in the health or behavior of family member
40	_____	_____	12. Pregnancy
39	_____	_____	13. Sexual difficulties
39	_____	_____	14. Gaining a new family member (birth, adoption, remarriage, oldster moving in)
39	_____	_____	15. Major readjustment (merger, reorganization, bankruptcy)
38	_____	_____	16. Major change in financial state (a lot worse or lot better off than usual)
37	_____	_____	17. Death of a close friend
36	_____	_____	18. Changing to a different line of work

STEP 2: MANAGE DAILY STRESS

MEAN VALUE	PAST	FUTURE	LIFE EVENT
35	_____	_____	19. Increase in the number of arguments with spouse
31	_____	_____	20. Mortgage or loan for major purpose
30	_____	_____	21. Foreclosure on mortgage or loan
29	_____	_____	22. Major change in responsibilities at work (promotion, demotion, lateral transfer)
29	_____	_____	23. Son or daughter leaving home (marriage, college)
29	_____	_____	24. In-law troubles
28	_____	_____	25. Outstanding personal achievement
26	_____	_____	26. Starting or ceasing formal schooling
26	_____	_____	27. Spouse starting or ceasing work outside home
25	_____	_____	28. Major change in living conditions (building a new home, remodeling, deterioration of home or neighborhood)
24	_____	_____	29. Revision of personal habits (dress, manners, associations)
23	_____	_____	30. Troubles with boss
20	_____	_____	31. Major change in working hours or conditions
20	_____	_____	32. Change in residence
20	_____	_____	33. Change to a new school
19	_____	_____	34. Major change in usual type or amount of recreation
19	_____	_____	35. Major change in church activities
18	_____	_____	36. Major change in social activities (clubs, movies, visiting, etc.)

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MEAN VALUE	PAST	FUTURE	LIFE EVENT
17	_____	_____	37. Purchase of major item (auto, computer, etc.)
16	_____	_____	38. Major change in sleeping habits (amount or time of day)
15	_____	_____	39. Major change in number of family get-togethers
15	_____	_____	40. Major change in eating habits (amount, hours or surroundings)
13	_____	_____	41. Vacation
12	_____	_____	42. Christmas or major holiday
11	_____	_____	43. Citation for minor violations of the law

Chance of a physical illness in the next 12 months if your score for the past year is:

300 or higher:	80%
150 to 299:	50%
Below 150:	30%

A Changing View

STRESS IS USUALLY THOUGHT OF AS A MODERN PROBLEM, BUT ITS impact on health has been recognized for hundreds of years. Medical observations from the 18th century describe people “paled with fear,” or “reddened with rage,” or “weeping with joy or sorrow.” Such observations also noted that people under extreme stress could go mad or pine away. In 1813 James Johnson, a London physician, was the first to note the relationship between the “wear and tear” of life and premature old age. But documentation of the impact of stress on cardiac health goes back even further. Dr. William Harvey, the first physician ever to present a theory of blood circulation, wrote in 1628, “Every affection of the mind