

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



Stress Of Life

Wolfgang Guggemos



Stress Of Life:

Unveiling the Magic of Words: A Review of "**Stress Of Life**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Stress Of Life**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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