

This is S-T-R-E-S-S ! **This is S-T-R-E-S-S !**



Most of us were never taught to recognize the **Biologic Signs of Stress**^Δ. When Stress “replays” and becomes “PTSD^Δ”, most think ***"That's just the way life is"***. Medically, Stress/PTSD killed 200,000 Americans every year from 2006-2012: 4x the annual number of car accident deaths! **These 28 are The Signs Of Stress/PTSD** *How many of them Have you or Do you regularly experience?* **STLLC's TRUSTCard SOLUTION™** is designed to **Dissipate Stress/PTSD** whenever any of The 28 (re)occur. **THESE 28 ARE THE DEFINITIVE SIGNS.** The Most Dangerous Version is low-level and repeating (*viz., Complex PTSD*)^Δ even more so than The Dangerous-Enough, Acute & Extreme Version (*i.e., Regular PTSD*)^Δ.

1. Worried
2. Keyed up
3. Expecting the worst
4. Irritable
5. Jumpy - Fidgety – (Trembling)
6. Tense
7. Physical aches or pains
8. Feel/Felt like complaining
9. Easily bothered
10. Hard(er) to focus or remember details
11. Mouth dry
12. Eyes not focusing perfectly
13. Felt your heart pounding
14. Felt dizzy - Lightheaded
15. Hard(er) to communicate (than usual)
16. Couldn't/can't think quite so clearly
17. Out of breath
18. Breathing rapid
19. Toes or fingers tingly or numb
20. Trouble sleeping
21. Bad dreams
22. Upset stomach - Nausea
23. (Felt like) Crying
24. Blamed yourself for errors
25. Blamed yourself for making tough decisions
26. Angered that others (in authority) let you down
27. Tired - Drained - Activity requires(d) lots of effort
28. Confidence low - Loss of faith in self or group

These are The U.S. ARMY'S 28 Field-Tested Symptoms of S-T-R-E-S-S / P-T-S-D !

STRESS/PTSD ...
*Complex or Regular Owing
To Their Biologic Effect
On Brain & Body ...*

Destabilize
*Your **TRUST** of Yourself
Your **TRUST** of Others &
Possibly Worse, Make you
Vulnerable and Blind to ...*

- * **Destructive Acts**
- * **Reckless Acts**
- * **Dishonest Acts**
- * **Negligent Acts**
- * **Ignored Duties**

**Large and Small, Done By
Yourself or Others!**

