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** [△]. When Stress "replays" and becomes "PTSD[△]", 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) ^a even more so than The Dangerous-Enough, Acute & Extreme Version (i.e., Regular PTSD) ^a.

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

△ STRESS DEFINED: WHEN (YOU FEELTHAT) THE DEMANDS BEING MADE OF YOU EXCEED YOUR RESOURCES TO MEET THEM! PTSD: REGULAR - SINGLE, MASSIVE INCIDENT OF STRESS, WHICH REPLAYS ITS EFFECTS FOR A PROLONGED PERIOD, PTSD: COMPLEX – MULTIPLE, SMALLER, REPEATING INCIDENT S OF STRESS, WHICH REPLAY THEIR EFFECTS FOR A PROLONGED PERIOD, BUT MUCH LESS DRAMATICALLY, ::: C DANGEROUS THAN THE REGULAR VARIETY WHICH IS ITSELF EXTREMELY DANGEROUS TO HEALTH & STATE OF MIND. THETRUSTCARDSOLUTION™ WAS DESIGNED TO DISSIPATE STRESS & BOTH FORMS OF PTSD.

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