

Agenda – PTSD – Post–Traumatic Stress Disorder
10 Days of TLC – Tender Loving Care
Day 1

- **PTSD – Post–Traumatic Stress Disorder**

PTSD is a disorder that develops in some people who have experienced major accident, encountering death, losses, shocking, scary, or dangerous event. It is natural to feel afraid and stressed during and after a traumatic situation. Fear is part of the body’s “fight-or-flight” response which helps us avoid or respond to potential danger or extreme pain. Symptoms may include flashbacks, nightmares, pain, sweating, nausea, trembling, severe anxiety, as well as uncontrollable thoughts about the event.

- **TLC – Tender Loving Care**

Guests – Persons in need of TLC (Tender – Loving – Care)
L.E. – Lifestyle Educator – Person who give TLC

(1) From 7:00 - 8:00 – **Personal Devotion – Getting ready**

(2) From 8:00 - 9:00 – **Breakfast time**

(3) From 9:00 – 9:30 – **Light Outdoor Exercise – Weather permitting**

(4) From 9:30 – 10:00 – **Rest**

(5) From 10:00 – 10:30

- **Welcome**
- **Prayer**
- **Scripture Songs** – Theme Song – A merry heart – Do you know you are the temple – More
- **Explain Next Care** – Remind everyone to drink water (add fresh lemon)

(6) From 10:30 – 11.45

Health Evaluation – Make sure to write name on evaluation
8 Laws of Health given to guests by L.E.

From 11:45 – 12:00 – **Break Time**

(7) From 12:00 – 13:30

- **Hydrotherapy** – Prepare Material – Basins – Towels – Hot and Cold water – Epsom Salt
- **3 min.** warm bath – **30 sec.** cold – Repeat **3 times**
- **Start with warm – finish with cold**
- **Dry feet with towel – Rub feet gently with ointment or massage oil**

- **Partner Guests with L.E.** (1 L.E. can care for 2 guests at a time if trained). All guests must receive a foot bath.

(8) From 13:30 – 14:00 – **Rest**

Lunch – 14:00 15:30

(9) From 15:30 – 16:00

- **Welcome**
- **Prayer**
- **Scripture Songs** – Theme Song – A merry heart – Do you know you are the temple – And More
- **Explain Next Care** – 12 Steps to Health – Step 1

(10) From 16:00 – 17:00

12 Steps to Health Program – Step 1

<https://144000teachers.org/generation144k/#1661805925479-e063a279-e3ea>

Go to Step 1

If No Internet simply use:

<https://144000teachers.org/wp-content/uploads/2022/09/Way-of-Life-12-Steps-to-Health-No-Internet.pdf>

(11) From 17:00 – 19:00 – **Rest – Hot Herbal Tea – Share Time**
19:00 – 19:30 – **Evening Devotion – Bedtime**