

Agenda – PTSD – Post–Traumatic Stress Disorder
10 Days of TLC – Tender Loving Care
Day 2

- **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 – 11.00

Learn the 8 Laws of Health – With explanation – Trust in God

https://www.numbers1317.org/file_06_8laws.html

(7) From 11:00 – 11.30

Learn the 6 Natural Remedies – With Explanation – Charcoal

https://www.numbers1317.org/file_07_NaturalRemedies.html

From 11:30 – 11:45 – **Break Time**

Ladies Massage – Anoint with 3 Oils – St-John Wort

From 11:45 – 12:15

- **Choose 4 guests (ladies)** to receive a 30 minutes massage each
- **Partner 4 Guests with 4 L.E.** (ladies)
- **All guests must receive a massage**
- **The other ladies can have a rest or choose an activity till their turn.**

From 12:15 – 12:45 – **Break Time – Rest**

Ladies Massage – Anoint with 3 Oils – St-John Wort

From 12:45 – 13:15

- **Choose 4 guests (ladies)** to receive a 30 minutes massage each
- **Partner 4 Guests with 4 L.E.** (ladies)

Rest till Lunch – 13:15 – 14:00

Gentleman Massage – Anoint with 3 Oils – St-John Wort

From 11:45 – 12:15

- **Choose 1 guest (gentleman)** to receive a 30 minutes massage by **L.E. (gentleman)**

From 12:15 – 12:45 – **Break Time – Rest**

Gentleman Massage – Anoint with 3 Oils – St-John Wort

From 12:45 – 13:15

- **Choose 1 guest (gentleman)** to receive a 30 minutes massage by **L.E. (gentleman)**

From 12:45 – 14:00 – **Break Time**

Lunch – 14:00 15:30

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 2

(10) From 16:45 – 17:00

12 Steps to Health Program – Step 2

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

Go to Step 2

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 – 20:00 – **Rest – Hot Herbal Tea – Share Time**

19:00 – 20:30 – **Evening Devotion – Movement 1 – 1S – Savior**

<https://144000teachers.org/movement2/#1664791469717-fddad2bf-b31c>

**Have a Good Rest
Prayer**