

**Agenda – PTSD – Post–Traumatic Stress Disorder**  
**10 Days of TLC – Tender Loving Care**  
**Day 4**

- **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 – Sunshine**

[https://www.numbers1317.org/file\\_06\\_8laws.html](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](https://www.numbers1317.org/file_07_NaturalRemedies.html)

(8) From 11:30 – 14:00 – Start with Ladies – Then Gentlemen

- **Russian Bath – 5 minutes bath per person**
- **Shower – Lukewarm to Cold – 3 to 4 minutes**
- **Rest – Read – Relax till lunch**

**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 ++

(10) From 16:00 – 17:00

**12 Steps to Health Program – Step 4**

<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 – 18:00

**Rest – Hot Herbal Tea – Share Time**

(12) From 18:00 – 19:00

**Devotion – Movement 3 – 3S – Sabbath**

<https://144000teachers.org/movement2/#1629500279923-a0ca0028-496b>

**Prayer**  
**Have a Good Rest**