

**Agenda – PTSD – Post–Traumatic Stress Disorder**  
**10 Days of TLC – Tender Loving Care**  
**Day 7**

- **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) Continue with giving Charcoal and Vitamin B12

(6) From 10:30 – 11.00

**Learn the 8 Laws of Health – With explanation – Air**

[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 – Explanation – Herbs and Plants**

[https://www.numbers1317.org/file\\_07\\_NaturalRemedies.html](https://www.numbers1317.org/file_07_NaturalRemedies.html)

(8) From 11:30 – 13:30

**Sharing Time** – Experience with the Health Care Program Offered Benefits – Share the session (s) most appreciated.

If any guest wants another massage or any treatment, they should feel free to schedule one with the person in charge. However, maximum massage recommended is 2 a week – Let those who received the treatments give it to another person who needs it!

**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 7**

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

**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 5 – 5S – Soul Temple**

<https://144000teachers.org/movement2/#1629502996044-094f7afd-7c41>

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