

# This is S-T-R-E-S-S!

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The Trust Card® The Karas Research Group & Interperson™ A Joint Project

Few of us were ever taught to recognize the **Biologic Signs of Stress** <sup>Δ</sup>. When Stress “replays” (i.e., PTSD)<sup>Δ</sup>, most think, *“That’s just the way life is”*. **NOT TRUE!** Stress & PTSD killed **annually 200,000 Americans in the years 2008-2016: 4 times the number of annual auto accident deaths!** The 28 Symptoms below are The **Signs Of Stress/PTSD**. *How many* of them have you or family (or your staff or clientele) experienced ... or regularly experience? **The TRUSTCard®** was designed to **Dissipate-Convert Stress/PTSD** whenever any of The 28 (re)occur. THESE 28 ARE THE DEFINITIVE POINTERS. **Most Dangerous in Life:** low-level, repeating **Complex PTSD** <sup>Δ</sup> even moreso than the Acute and Extreme Version **Regular PTSD** <sup>Δ</sup>.

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



<sup>Δ</sup> **STRESS** DEFINED: WHEN (YOU FEEL THAT) 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 INCIDENTS OF STRESS, WHICH REPLAY THEIR EFFECTS FOR A PROLONGED PERIOD, BUT MUCH LESS DRAMATICALLY, :: **COMPLEX PTSD IS FAR MORE DANGEROUS** THAN THE REGULAR VARIETY WHICH IS ITSELF EXTREMELY DANGEROUS TO HEALTH & STATE OF MIND. **THE TRUSTCARD®** WAS DESIGNED TO **DISSIPATE-CONVERT STRESS & BOTH FORMS OF PTSD**.