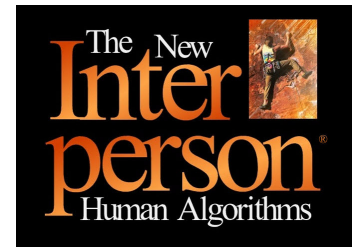


**This is S-T-R-E-S-S !**

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



Most of us were never 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!** Medically, **Stress & PTSD killed 200,000 Americans in each of the years 2008-2014 ... each year: 4 times the number of annual car accident deaths!** The 28 Symptoms below are The Signs Of Stress/PTSD. **How many** of them have you (or your patients) experienced...do you/they regularly experience? **The INTERPERSON® TRUSTCard®** is designed to **Dissipate Stress/PTSD** whenever any of The 28 (re)occur. THESE 28 ARE THE DEFINITIVE POINTERS. **Most Dangerous** is low-level and repeating (**Complex PTSD**)<sup>Δ</sup> even moreso than the Acute And Extreme Version (**Regular PTSD**)<sup>Δ</sup>. **In the era of COVID**, Complex PTSD is much more prevalent than at any time in recent memory!

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!**

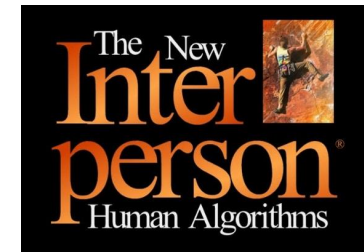
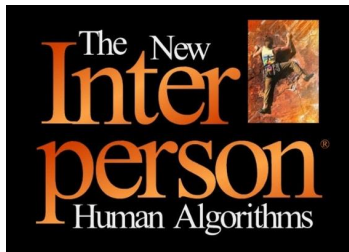
**STRESS/PTSD ...**  
*Complex or Regular Owing  
To Their Biologic Effect  
On Brain & Body ...*  
**Destabilize**  
*Your TRUST of Yourself  
Your TRUST of Others &  
Possibly Worse, Make you  
Vulnerable and Blind to ...*  
**\* Destructive Acts**  
**\* Reckless Acts**  
**\* Dishonest Acts**  
**\* Negligent Acts**  
**\* Ignored Duties**  
**Large and Small, Done By  
Yourself or Others!**

**Suggested: Use TheTRUSTCard®  
To Address Any/All of These  
Whenever They Appear.**



**Δ 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. **TheTRUSTCard®** WAS DESIGNED TO DISSIPATE STRESS & BOTH FORMS OF PTSD.

If you decide you wish to own a copy of **The Digital TRUSTCard®** please **CLICK HERE** to go to <https://www.good-mood-maker.com/shop> ... Then follow the PayPal Payment Instructions. Thank You. Interperson, Inc.



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## NOTE TO READERS AND USERS

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If any reader or user, ESPECIALLY IF A MINOR (UNDER 18), requires such Life Or Death, Law Enforcement, Emergency Medical Or Legal Advice Or Services, A COMPETENT LAW ENFORCEMENT, EMERGENCY, MEDICAL, OR LEGAL PROFESSIONAL SHOULD BE CONSULTED RIGHT AWAY BY IMMEDIATELY CALLING 9-1-1.

The strategies outlined in this Material may not be suitable for every Organization, Individual or Family and are NOT GUARANTEED OR WARRANTED to produce any particular results. The author, and sponsors of the algorithms, protocols and procedures and its publisher specifically disclaim any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence directly or indirectly, of the use and application of any of the contents of this Material.

ALL USERS OR READERS OF THIS MATERIAL SHOULD NEVER DELAY, POSTPONE OR SUBSTITUTE CONTACTING, WHEN OR AS INDICATED ABOVE (i.e., CALLING 9-1-1), ... LAW ENFORCEMENT, EMERGENCY MEDICAL, OR LEGAL PROFESSIONALS IN FAVOR OF ANY READING, STUDYING AND/OR USING OR ATTEMPT TO APPLY THIS MATERIAL.



The TRUSTCard<sup>®</sup>  
Protected by U.S. Patent



**THE TRUSTCARD<sup>®</sup> IS  
TWICE-PATENTED IN THE USA  
PRODUCED & DISTRIBUTED  
UNDER LICENSE.**

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WITHIN THIS MATERIAL SHALL BE INTERPRETED  
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REPLACE OR EDIT ANY GUIDELINES ISSUED BY  
THE APPROPRIATE FEDERAL, STATE, AND/OR  
LOCAL AUTHORITIES INCLUDING BUT NOT  
LIMITED TO ANY AND ALL HEALTH AND  
HEALTHCARE MEASURES AND/OR  
PRECAUTIONS WHICH MAY BE MANDATED.**

**THANK YOU ... THE BOARD OF DIRECTORS**



# The **28** Symptoms of **Stress**



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Then follow the PayPal Payment Instructions. Thank You. Interperson, Inc.

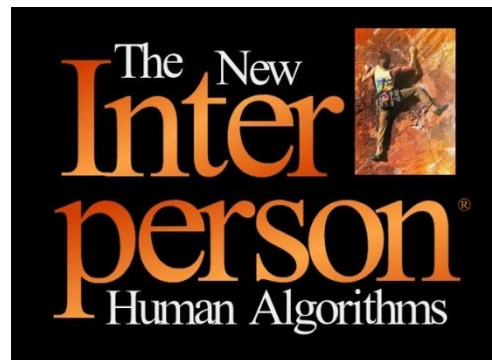
# The 28 Symptoms Of Stress



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Then follow the PayPal Payment Instructions. Thank You. Interperson, Inc.

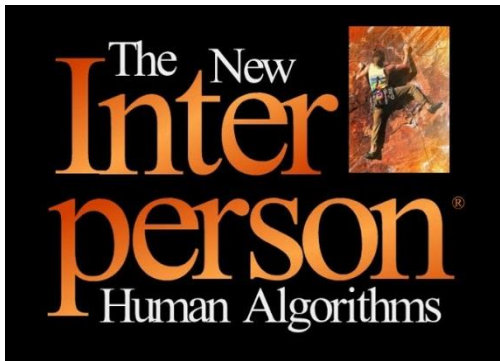
**This is ~~S-T-R-E-S-S~~!**

**These are The U.S. ARMY'S  
28 Field-Tested Symptoms of  
~~S-T-R-E-S-S~~ / ~~P-T-S-D~~!**



Worried

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



Worried

**When You Are *Worried*,  
You Are Under Stress**

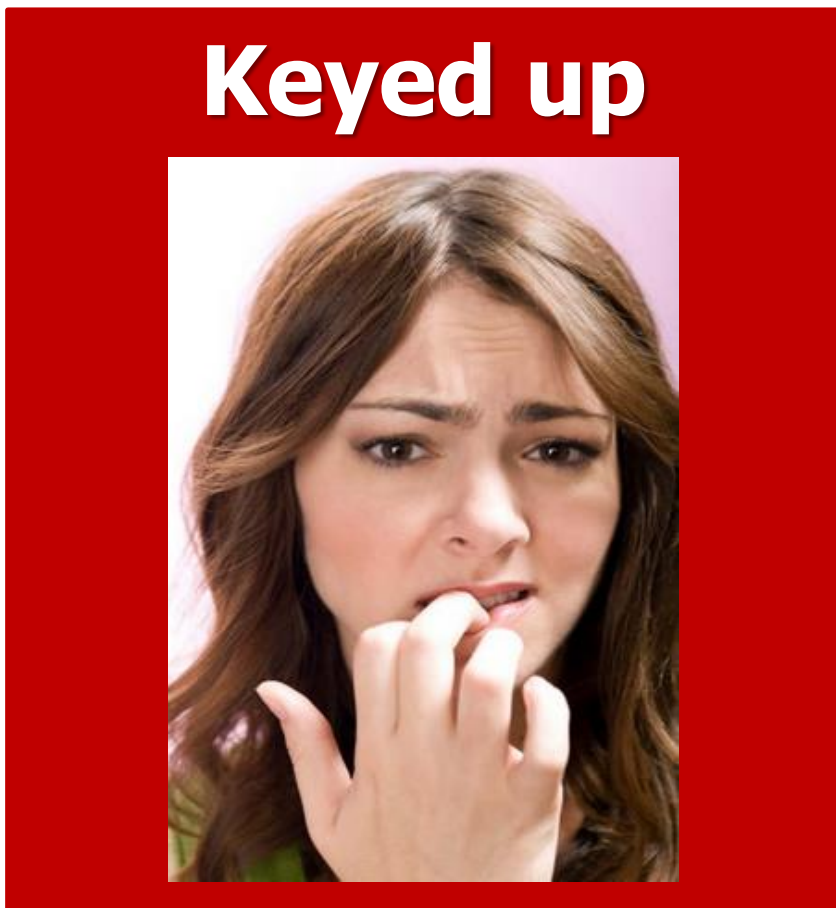
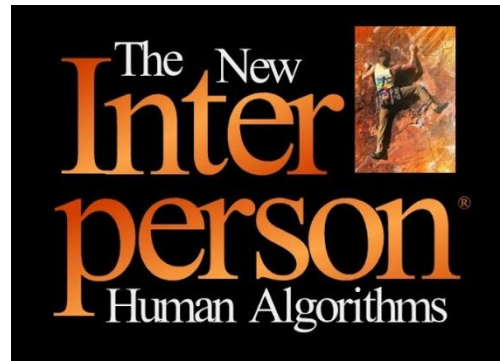
Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.





Worried  
Keyed up

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



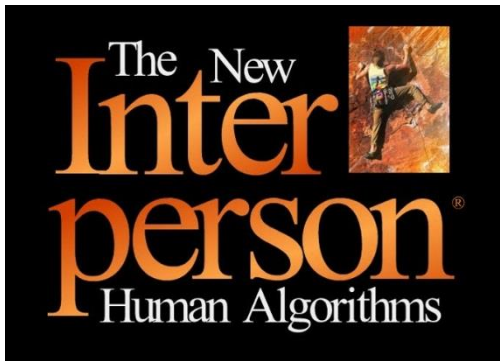
**When You Are *Keyed Up*,  
You Are Under Stress**

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.



Worried  
Keyed up  
Expecting the worst

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



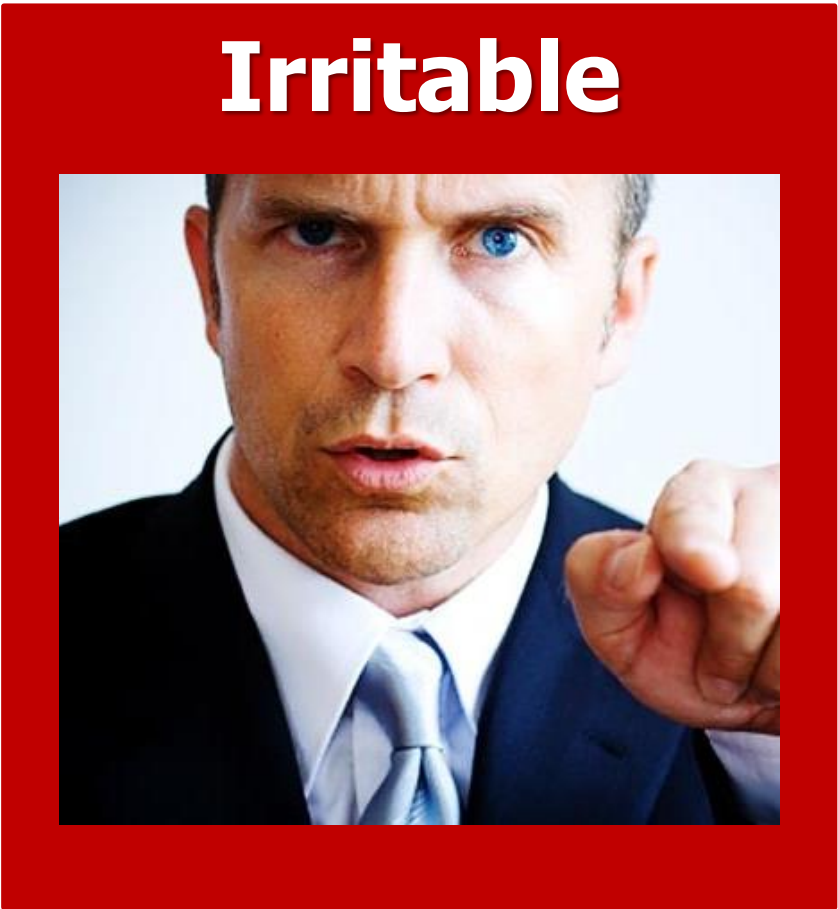
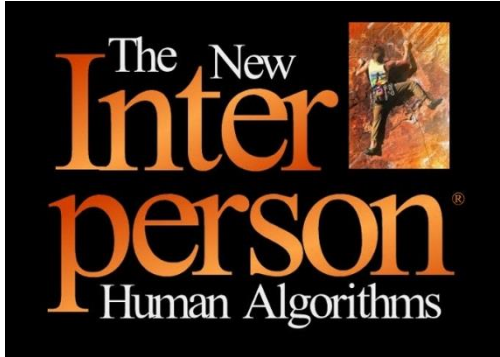
Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**When You Are *Expecting The Worst*,  
You Are Under Stress**



Worried  
Keyed up  
Expecting the worst  
**Irritable**

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



**When You Are *Irritable*,  
You Are Under Stress**

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

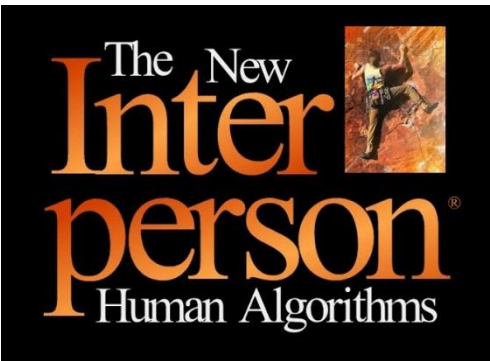


Worried  
Keyed up  
Expecting the worst  
Irritable

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

**Jumpy - Fidgety or Trembling**

## **Jumpy - Fidgety or Trembling**

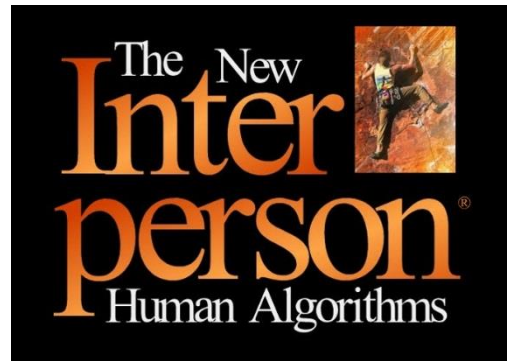


Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**When You Are *Jumpy, Fidgety Or Trembling,*  
You Are Under Stress**

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense**

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



**When You Are *Tense*,  
You Are Under Stress**

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

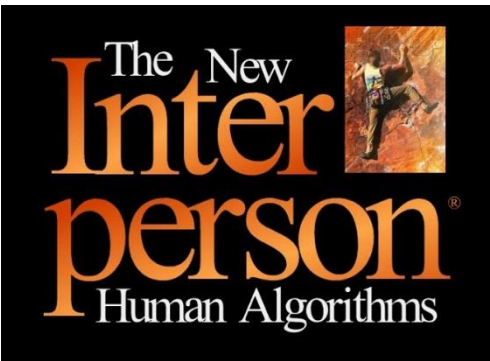



Worried  
Keyed up  
Expecting the worst  
Irritable  
Jumpy - Fidgety or Trembling  
Tense

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

Physical aches or pains

Physical aches  
or pains

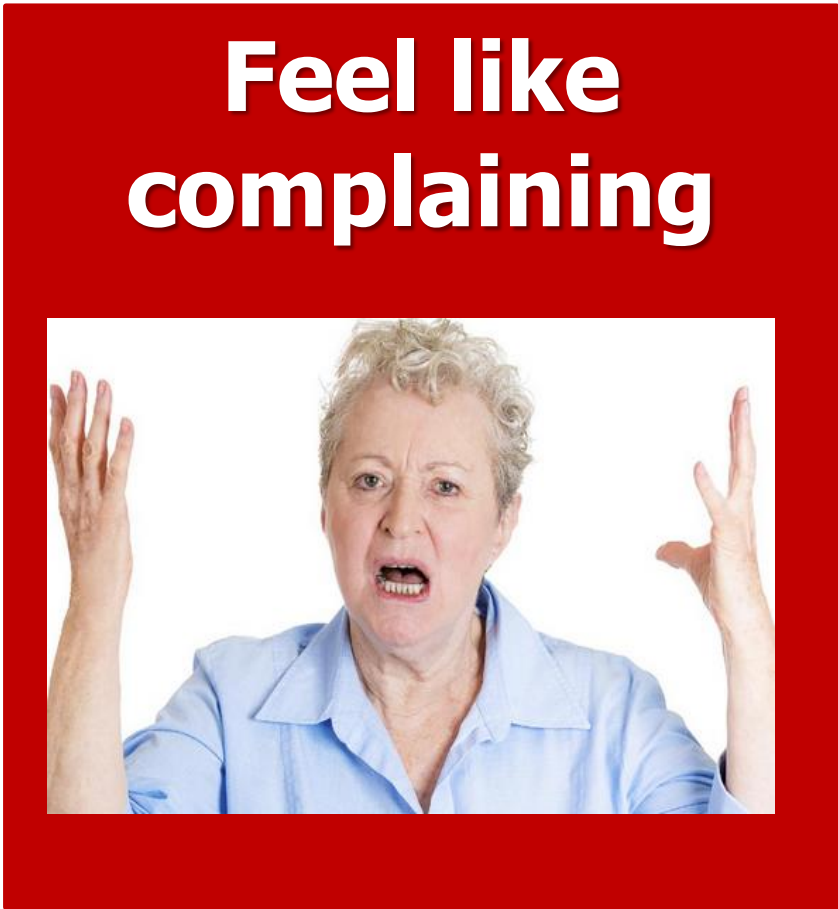
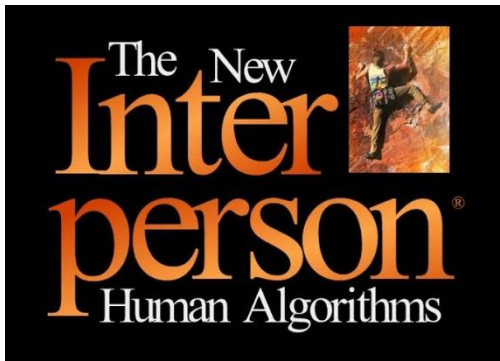


Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**When You Have *Physical Aches Or Pains,*  
You Are Under Stress**

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining

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

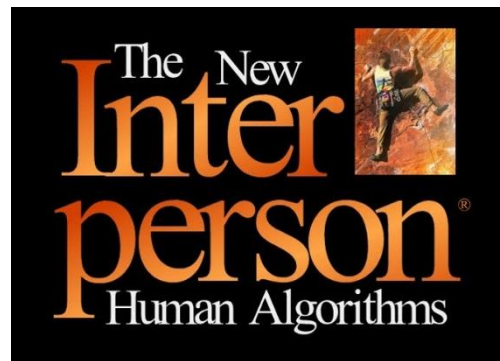


Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**When You *Feel Like Complaining*,  
You Are Under Stress**

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered**



Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.



**When You Are *Easily Bothered*,  
You Are Under Stress**

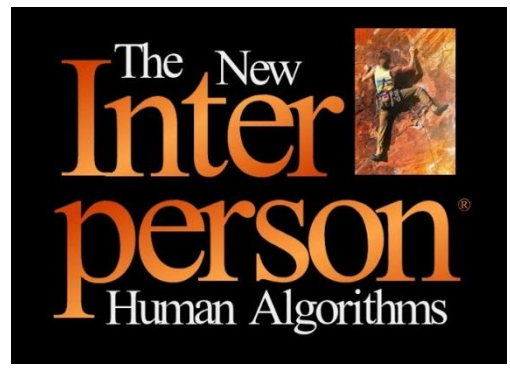


# This is **S-T-R-E-S-S!**

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details**



## Hard to focus or remember details

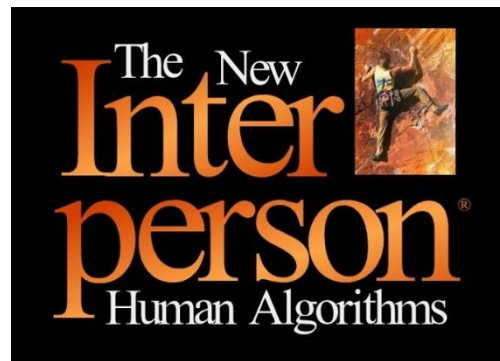
A photograph of a woman with dark hair pulled back, wearing a black sleeveless top. She has a stressed expression and is covering her eyes with her right hand. The photo is set against a white background and is framed by a thick red border.

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

***When It's Hard To Focus Or Remember Details,  
You Are Under Stress***

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth**



**When You Have A Dry Mouth,  
You Are Under Stress**

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

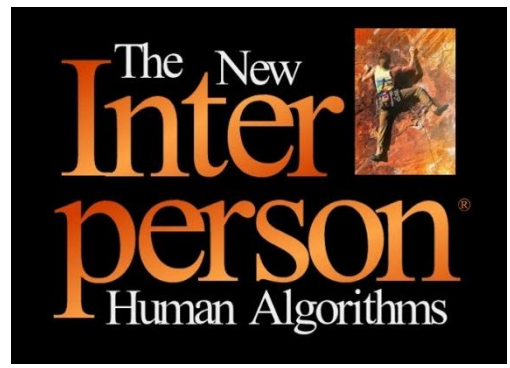


# This is **S-T-R-E-S-S!**

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly**



**Eyes not focusing perfectly**

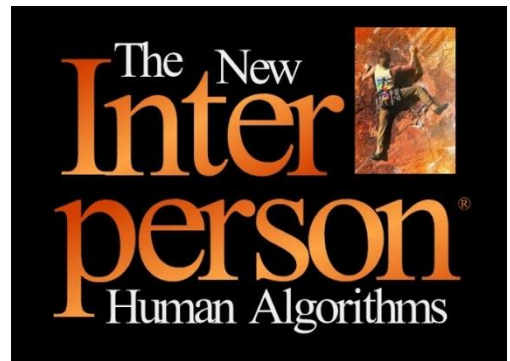
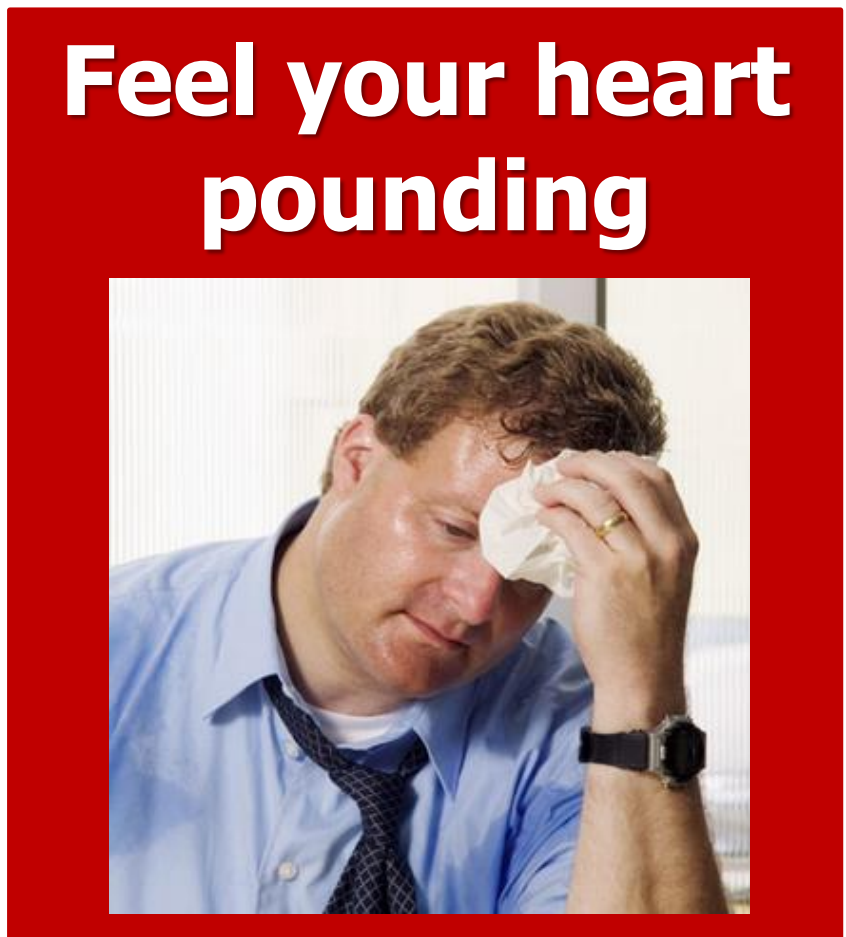
A close-up photograph of a person's eyes, which appear blurry and unfocused. The eyes are brown and are looking slightly to the right. The background is a solid red color.

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**When Your *Eyes Are Not Focusing Perfectly,*  
You Are Under Stress**

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding**



Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

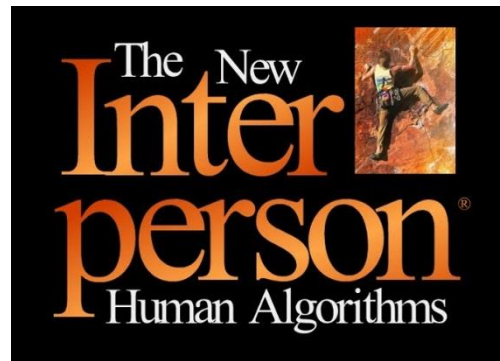
**When You *Feel Your Heart Pounding,*  
You Are Under Stress**

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded**



## Feel dizzy - Lightheaded

A photograph of a woman with dark hair, wearing a white shirt, holding her hands to her temples. She has a pained or distressed expression, with her eyes closed and a slight frown. The background is blurred, showing another person in the distance. The entire image is set against a solid red background.

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

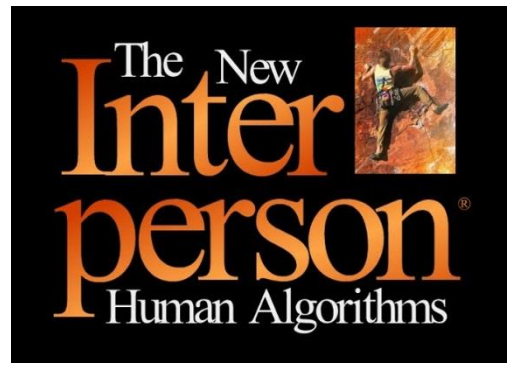
***When You Feel Dizzy Or Lightheaded,  
You Are Under Stress***

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate**



## Harder to communicate

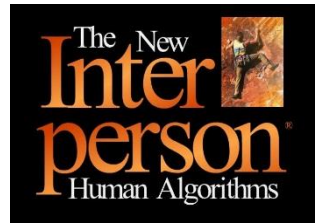
A photograph of a man and a woman standing back-to-back. The man, on the left, is wearing a light blue shirt and has his hands raised in a gesture of confusion or frustration. The woman, on the right, is wearing a red shirt and has a frustrated expression with her mouth open and hands gesturing. The entire scene is framed by a thick red border.

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**When It's *Harder To Communicate,*  
You Are Under Stress**

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly**



**Can't think quite so clearly**

A photograph of a woman with blonde hair and glasses, looking down with a stressed expression. She is holding her right hand to her forehead, suggesting a headache or mental fatigue. The photo is set against a red background that frames the entire section.

**When You *Can't Think Quite So Clearly*, You Are Under Stress**

Suggested: Use **TheTRUSTCard®** To Address Any/All of These Whenever They Appear.

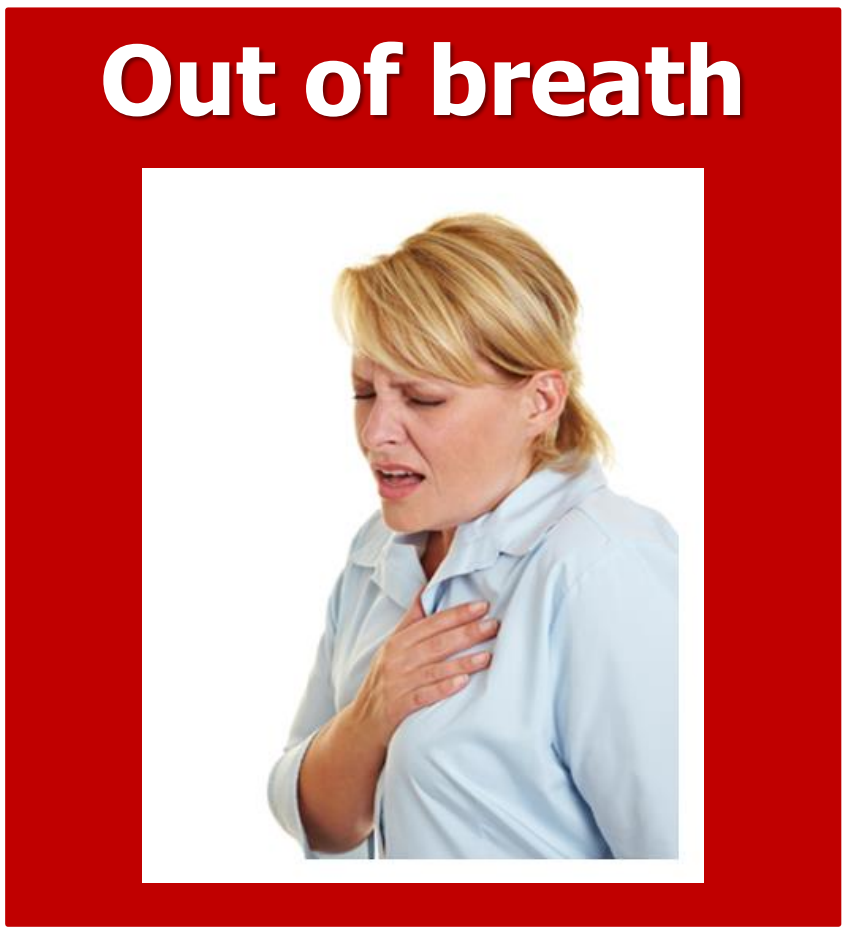
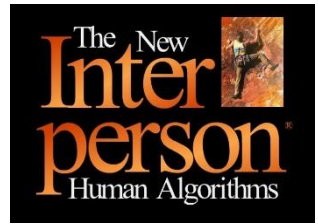
# *This is* ***S-T-R-E-S-S!***

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling

- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details

- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly

**Out of breath**



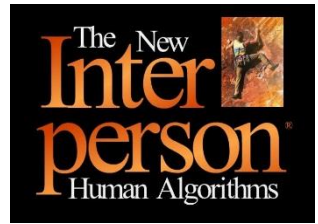
***When You Feel Out Of Breath,  
You Are Under Stress***

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.



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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing**



## Rapid breathing

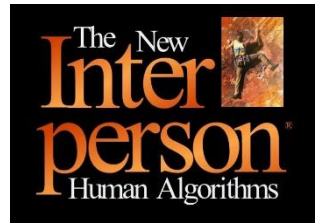
A photograph of a man with dark hair and glasses, wearing a light blue button-down shirt. He has a distressed expression, with his mouth slightly open and his hand pressed against his chest, suggesting he is experiencing rapid breathing or chest discomfort. The photo is set against a plain grey background and is framed by a thick red border.

***When You Have Rapid Breathing,  
You Are Under Stress***

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb**



**Toes or fingers tingly or numb**

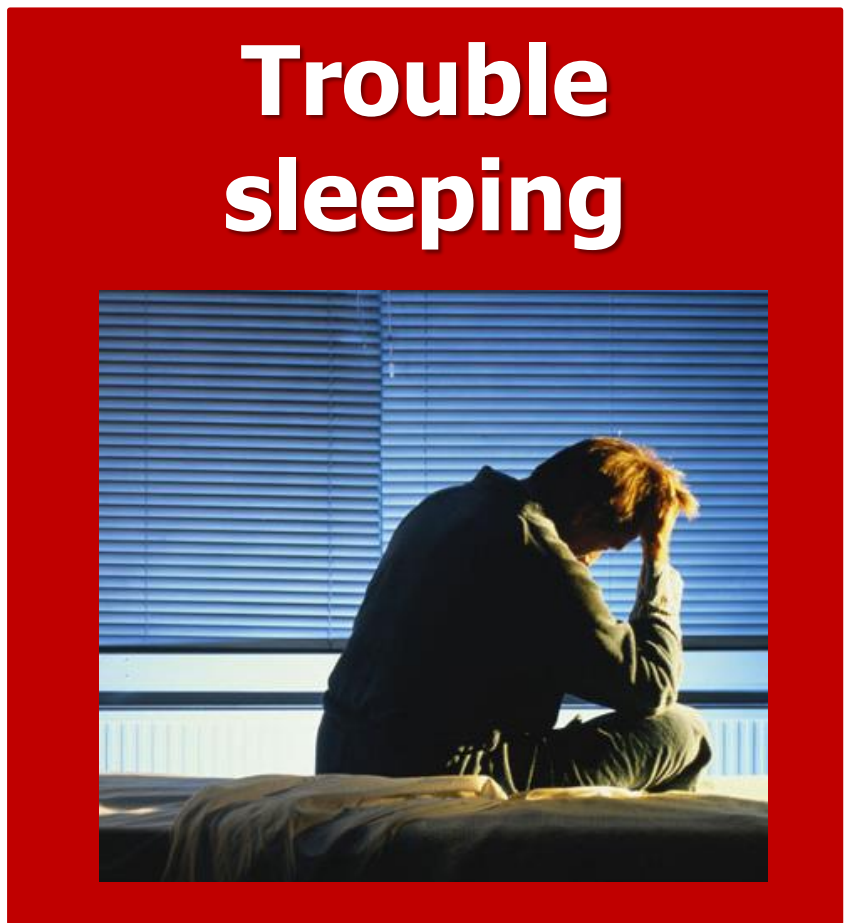
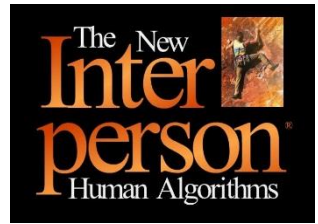
A photograph of a person's hands clasped together in a prayer-like or stressed position. The person is wearing a dark suit jacket. The image is set against a solid red background.

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

***When You Feel Tingly Or Numb,  
You Are Under Stress***

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb
- Trouble sleeping**

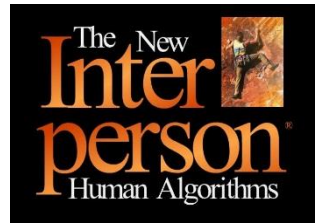


***When You Have Trouble Sleeping,  
You Are Under Stress***

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb
- Trouble sleeping
- Bad dreams**

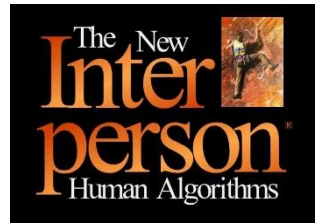


***When You Have Bad Dreams,  
You Are Under Stress***

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb
- Trouble sleeping
- Bad dreams
- Upset stomach - Nausea**



## Upset stomach - Nausea

A photograph of a person wearing an orange long-sleeved shirt, standing with their arms crossed and hands pressed against their stomach, suggesting they are experiencing physical discomfort or pain.

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

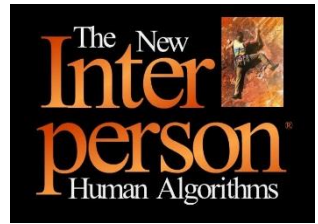
***When You Have An Upset Stomach Or Nausea,  
You Are Under Stress***

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details

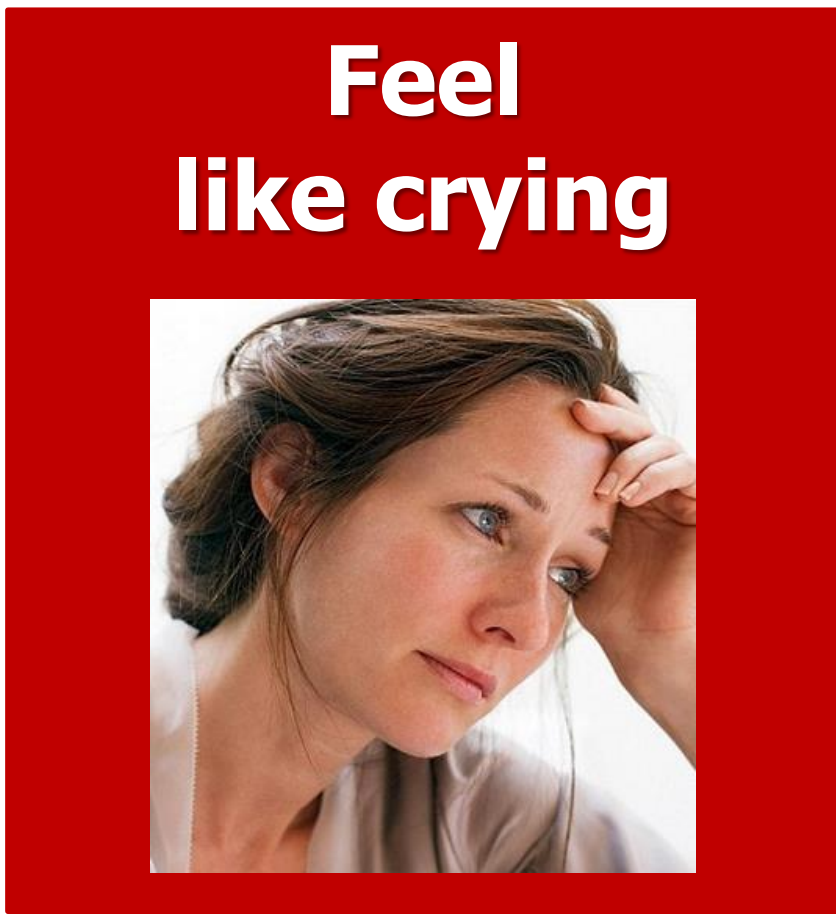


- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb
- Trouble sleeping
- Bad dreams
- Upset stomach - Nausea



## Feel Like Crying

Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.



# Feel like crying

## When You *Feel Like Crying*, You Are Under Stress

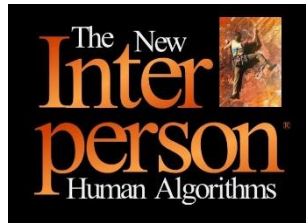
# This is **S-T-R-E-S-S!**

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense

- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth



- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb
- Trouble sleeping
- Bad dreams
- Upset stomach - Nausea
- Feel Like Crying
- Blame yourself for errors**



Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

## Blame yourself for errors

**When You *Blame Yourself For Errors*,  
You Are Under Stress**

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Then follow the PayPal Payment Instructions. Thank You. Interperson, Inc.

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

Worried  
Keyed up  
Expecting the worst  
Irritable  
Jumpy - Fidgety or Trembling

Tense

Physical aches or pains

Feel like complaining

Easily bothered

Hard to focus or remember details

Dry mouth

Eyes not focusing perfectly

Feel your heart pounding

Feel dizzy - Lightheaded

Harder to communicate

Can't think quite so clearly

Out of breath

Rapid breathing

Toes or fingers tingly or numb

Trouble sleeping

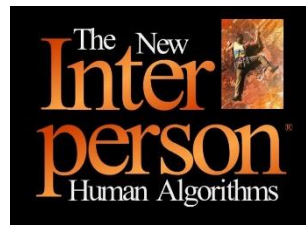
Bad dreams

Upset stomach - Nausea

Feel Like Crying

Blame yourself for errors

**Blame yourself for making tough decisions**



Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**Blame yourself  
for making  
tough decisions**



***When You Blame Yourself For Making  
Tough Decisions, You Are Under Stress***

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Then follow the PayPal Payment Instructions. Thank You. Interperson, Inc.



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

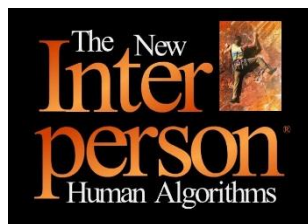
- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details
- Dry mouth



**Angry that others  
(in authority) let  
you down**



- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb
- Trouble sleeping
- Bad dreams
- Upset stomach - Nausea
- Feel Like Crying
- Blame yourself for errors
- Blame yourself for making tough decisions
- Angry that others (in authority) let you down**



Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

***When You Are Angry That Others  
Let You Down, You Are Under Stress***

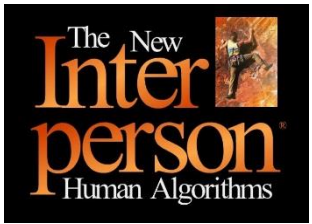
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Then follow the PayPal Payment Instructions. Thank You. Interperson, Inc.

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

- Worried
- Keyed up
- Expecting the worst
- Irritable
- Jumpy - Fidgety or Trembling
- Tense
- Physical aches or pains
- Feel like complaining
- Easily bothered
- Hard to focus or remember details



- Dry mouth
- Eyes not focusing perfectly
- Feel your heart pounding
- Feel dizzy - Lightheaded
- Harder to communicate
- Can't think quite so clearly
- Out of breath
- Rapid breathing
- Toes or fingers tingly or numb
- Trouble sleeping
- Bad dreams
- Upset stomach - Nausea
- Feel Like Crying
- Blame yourself for errors
- Blame yourself for making tough decisions
- Angry that others (in authority) let you down



Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**Tired - Drained  
Activity requires  
lots of effort**

***When You Are Tired , Drained And Activity  
Requires Lots Of Effort, You Are Under Stress***

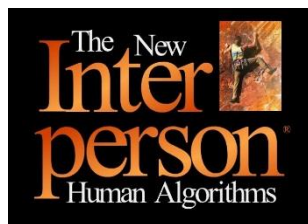
**Tired - Drained Activity requires lots of effort**

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

Worried  
Keyed up  
Expecting the worst  
Irritable  
Jumpy - Fidgety or Trembling  
Tense  
Physical aches or pains  
Feel like complaining  
Easily bothered  
Hard to focus or remember details  
Dry mouth



Eyes not focusing perfectly  
Feel your heart pounding  
Feel dizzy - Lightheaded  
Harder to communicate  
Can't think quite so clearly  
Out of breath  
Rapid breathing  
Toes or fingers tingly or numb  
Trouble sleeping  
Bad dreams  
Upset stomach - Nausea  
Feel Like Crying  
Blame yourself for errors  
Blame yourself for making tough decisions  
Angry that others (in authority) let you down  
Tired - Drained Activity requires lots of effort  
**Low confidence Loss of faith in self or group**



Suggested: Use **TheTRUSTCard®**  
To Address Any/All of These  
Whenever They Appear.

**Low confidence  
Loss of faith  
in self or group**



***When You Have Low Confidence, Loss Of Faith  
In Self Or Group, You Are Under Stress***



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

