



WHENLIFESUCKS.org

On point to strengthen veterans and their loved ones
to heal from trauma and live well

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SC Charity ID C12989003

We think it sucks that more Post 9/11 veterans have died by suicide than combat related fatalities. More than 20% of veterans experience severe consequences associated with PTSD that negatively impact every area of their lives. Less than half seek treatment for their condition. More than 1 in 3 women veterans experienced in-service sexual assault and suffer with PTSD. Consequently, there are more than 50,000 homeless veterans, rates of divorce for veterans with PTSD are two times greater than veterans without PTSD, and on average 22 veterans a day commit suicide.

We make a real difference by providing direct support services focused on generating health promoting physiology and overcoming the negative consequences of traumatic stress.

WE ARE ON POINT TO:

- Honor veterans and promote service to America
- Restore people to live well in spite of adversity
- Bolster health and prevent stress related illnesses and suffering
- Renew energy, peace of mind, strength, and vitality
- Promote economic stability and veteran business development
- Strengthen the spirit regardless of faith or no faith
- Create a platform to share healing stories and inspire others
- Encourage people to become part of a caring community
- Support trauma recovery research
- Connect people to resources that make life better

OUR SERVICES INCLUDE:

- Traumatic stress recovery coaching and education
- Confidential holistic wellness coaching and spiritual care
- Advanced stress monitoring for how real life effects body resources
- Retreats in the outdoors that engage an active lifestyle

PHYSIOLOGY-BASED RESULTS:

- We employ advanced technology trusted by elite athletes to optimize health and performance to measure stress response, recovery, fitness, and sleep quality
- We facilitate understanding of how choices and lifestyle affect physiology
- We create opportunities to engage lifestyle solutions to fuel resilience in body, mind and spirit

EFFECTIVE USE OF RESOURCES:

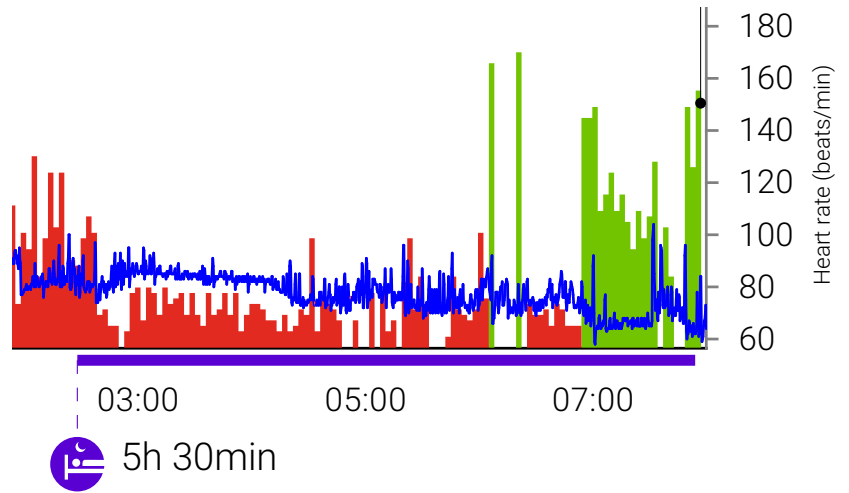
- Telehealth delivery expands reach and overcomes geographic limitations
- The Officers and Board of Directors serve in a voluntary capacity

FUNDING:

- Generous donations of caring businesses and people
- Services that make life better
- WhenLifeSucks.org outreach events
- Seminars to educate and inspire healing

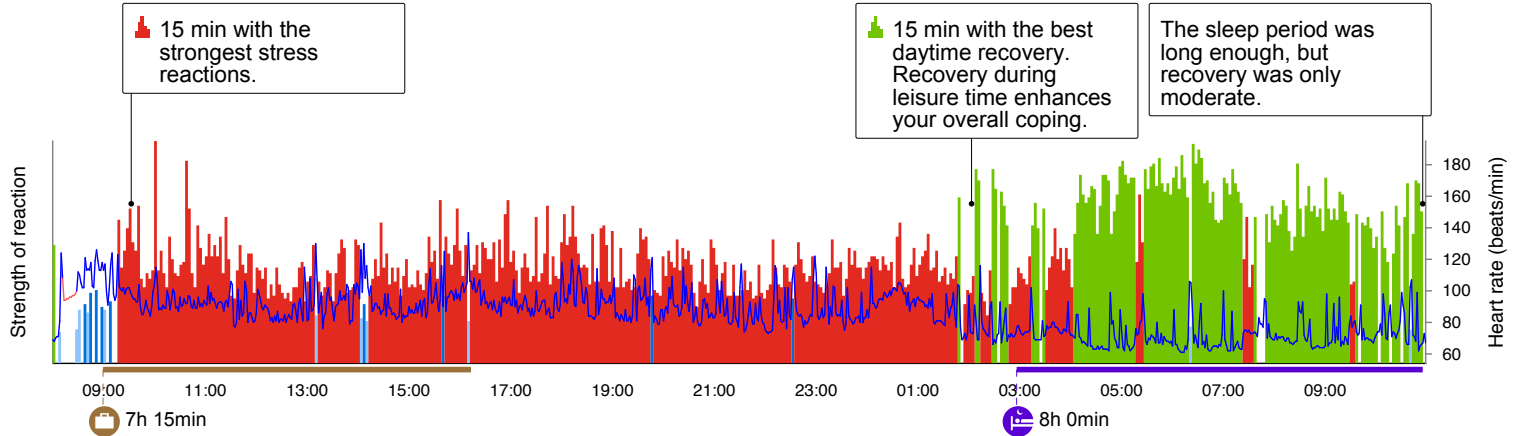
Impact of PTSD on Sleep/Recovery

- Delayed recovery during sleep
- Significant stress % during sleep (red)
- Low % of recovery (green)
- Pro inflammatory response
- Adrenaline/cortisol/blood sugar production
- High risk for injuries/illness/bad decisions
- Increase risk for depression/anxiety
- Depleted spirit, lack of purpose, despair
- High risk for suicide



Recovery Training

▲ Stress reactions ▲ Recovery ▲ Physical activity ▲ Daily physical activity — Heart rate — Missing heart rate 1%



Bolstered Resilience

- * 24 Hour Stress Response improved from 4% to 29% (> 30% is optimal)
- * % of Recovery during sleep improved from 17% to 78% (> 75% is optimal)

Improved Function:

- Energy
- HGH, testosterone, DHEA, insuline
- Immune response
- Stress response
- Focus, attention, problem solving, memory, creativity
- Mood
- Hope, peace of mind, steadfast spirit