

Stress

When you face complications, you may take **stress**. Stress represents physical exhaustion, psychic burnout, environmental exposure, or psychological strain.

Track stress with boxes or tally marks. If you reach **4 stress**, your character becomes **vulnerable**—failing a dangerous check could mean being taken out or sudden death.

Clearing Stress:

- Use a **med kit** to clear **2 stress**
- Rest in a secure location (settlement, fortified shelter) to clear an amount at the GM's discretion
- Narrative recovery (psychic counseling, geothermal rest chambers, communal support)

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