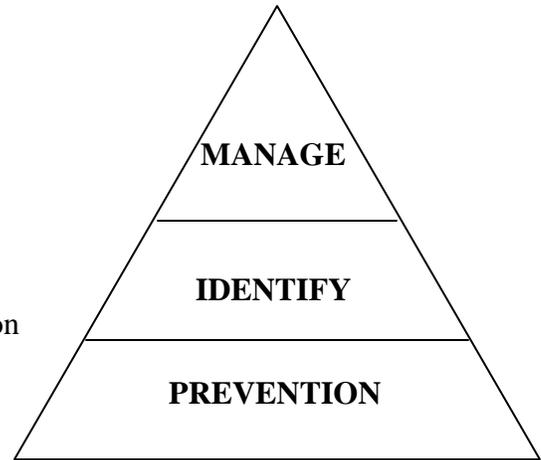


Operational & Combat Stress

Definition of Combat and Operational Stress = The natural result of heavy mental and physical work when facing danger under difficult circumstance.

PREVENTION →

- Be a positive role model
- Care for troops
 - Plenty to drink and eat
 - Enough sleep
 - Clean up Marines, gear and weapons
 - Good cover and shelter
 - Keep busy with maintenance and recreation
 - Monitor for problems
- Communicate and keep everyone informed
- Debrief after hard actions
- Educate about Operational Stress responses



Warning Signs of Operational Stress

Apathy	Fatigue	Insomnia
Anger	Fear	Loss of confidence
Confusion	Grief	Loss of Skills
Crisis of Faith	Hyper-alertness	Misconduct
Depression	Inattention	Physical Complaints

Guiding Principles in the Management of Operational Stress

Promixity	Manage in close proximity
Immediacy	Manage as soon as possible
Expectancy	Treat with the expectation of normal recovery

BICEPS Approach for Restoration

- **Brevity** – Short and brief
- **Immediacy** – Begin now
- **Centrality** – Manage in one central location
- **Expectancy** – Stress is temporary, recovery is expected
- **Proximity** – Manage close to unit
- **Simplicity** – Rest, recuperate, restore confidence