

# Combat Stress Control



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**“Comprehensive approach to  
*Prevent, Identify & Manage*  
the adverse effects of  
*Operational Stress*  
on the health of  
Marines and Sailors”**

# Stressors

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- **Climate Extremes**
- **Sensory Overload**
- **Sleep Deprivation**
- **Over stimulation**
- **Exposure to devastation & death**



# Combat Stress Reaction

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- Normal , expected and predictable reactions to Operational Stress
- Can happen to anyone!



# Why?

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**Operational & Combat Stress =  
Loss of Forces  
and negatively impacts  
Military Readiness-  
About 1/3 of casualties**

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# Common Stress Reactions

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- Apathy
- Confusion
- Fatigue
- Fear
- Sleep Problems
- Concentration difficulties
- Crisis of faith
- Misconduct
- Physical complaints



# Prevention

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- **Effective Leadership**
- **Unit cohesion & morale**
- **Good communication**
- **Realistic training**



# Identification

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- Train for early recognition
- Self Care
- Buddy Care
- Leader interventions



# Management

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- **Help with Combat Stress Reactions**
- **Return to duty**



# Principles

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- *Brevity* - Less than 72 Hours
- *Immediacy* - Help now!
- *Centrality* - Close to Unit

# Principles

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- *Expectancy* - Expecting SM to recover
- *Proximity* - Close to the front!
- *Simplicity* - Rest, food and sleep

# Operational Stress

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- *Can* be prevented and managed!

