

## Appendix C

### Glossary

#### Section I. Acronyms

AAR .....	after action review
BAS .....	battalion aid station
BICEPS .....	brevity, immediacy, centrality, expectancy, proximity, and simplicity
CED .....	critical event debrief
CSC .....	combat stress control
MCFTB .....	Marine Corps Family Team Building
MCRP .....	Marine Corps Reference Publication
MOPP .....	mission-oriented protective posture
MRE .....	meals, ready to eat
NCO .....	noncommissioned officer
NGO .....	nongovernmental organization
PVO .....	private voluntary organization
RMT .....	religious ministry team
RP .....	religious program specialist
SGLI .....	Servicemen's Group Life Insurance
SPRINT .....	Special Psychiatric Rapid Intervention Team
UMT .....	unit ministry team
WIA .....	wounded in action

## Section II. Definitions

**circadian rhythm**—Rhythmic variations in individuals; predictable physiological and behavioral cycle of about 24 hours.

**combat stress**—The mental, emotional, or physical tension, strain, or distress resulting from exposure to combat-related conditions. Combat stress is the net result of many stressors (e.g., fear of death, fear of failure, other intensive painful emotions [like grief], uncertainty, boredom, worry about what is happening back home, and the many physical and mental demands of combat duties) at any given time.

**combat stress behaviors**—The generic term that covers the entire range, from highly positive to totally negative behaviors which can be elicited by combat stress.

**combat stress reaction**—The common, predictable, negative, emotional and physical reactions of normal people to the “abnormally high” stressors of combat, which by definition interfere with mission performance or well-being, but which can be treated according to the BICEPS principles, with reassurance of normality and recovery, with rest, replenishment, and activities to restore confidence. The combat stress reactions do not include the misconduct stress behaviors, since the latter require disciplinary action.

**continuous operations**—military operations with many pulses of action every day and night, continuing for several days to weeks, which require careful planning and resource allocation to give everyone a minimum of 4 hours sleep in 24.

**stress**—An internal process of an individual for preparation in dealing with, or reacting to stressors. Stress involves physiological stress reflexes, which ready the body for fight or flight, such

as increased release of adrenaline, heart rate, and blood flow to brain and muscles, with subsequent increase in alertness. Stress also involves the accompanying emotions (stress responses) such as anxiety, anger, or guilt. Stress may or may not involve conscious awareness of the threat, but the stressor must be perceived at some level of awareness. The amount of stress experienced depends on the appraisal of the stressor and its context by the individual, even if that perception is incorrect. The stress process includes psychological defenses which may shield the individual from perceiving more threat than he can tolerate.

**stress behaviors**—Stress behaviors are the observable behaviors that an individual exhibits as a result of internal stress. They may be intended to overcome and turn off the stressor, escape it, adapt to an inescapable stressor, or make the uncomfortable stress symptoms more tolerable. A stress behavior may simply be a side effect of the tension, which is part of stress. Any of these different types of stress reactions may be successful, unsuccessful, adaptive, or maladaptive. They may make the situation better, worse, or not influence it at all. They may resolve one stressor but create new ones.

**stressor**—Any event or situation that requires a non-routine adaptation or behavior change, creates conflicting motives within the individual, or is perceived by the individual as a threat to his well-being or self-esteem. Combat stressors are any that occur in the context of performing the combat mission (whether under fire or not).

**sustained operations**—Continuous operations or combat with opportunity for less than 4 hours sleep per 24 hours for significant personnel, which may be brief or fragmented.