

Table of Contents

	Page
Chapter 1. Combat Stress Identification	
1001 INTRODUCTION	1
1002 HISTORY	1
1003 REACTIONS TO COMBAT STRESS	2
1004 OBSERVING AND RECOGNIZING COMMON REACTIONS TO COMBAT STRESS	3
Fatigue	6
Muscular Tension	6
Shaking and Tremors	6
Perspiration	7
Digestive and Urinary Systems	7
Circulatory and Respiratory Systems	8
Sleep Disturbance	8
Visual/Hearing Problems and Partial Paralysis	10
Bodily Arousal	11
Anxiety (Fear of Death, Pain, and Injury)	12
Irritability	12
Depression	13
Substance Abuse	14
Loss of Adaptability	14
Disruptive Reactions	14
Referral to the Chaplain, Medical Officer or Combat Stress Control Team	15
1005 SUICIDE AWARENESS	16

Chapter 2. Combat Stress Prevention, Management, and Control

2001	PREVENTING AND MANAGING COMBAT STRESS	17
2002	STRESS-REDUCTION TECHNIQUES FOR LEADERS.....	17
2003	PERFORMANCE DEGRADATION PREVENTIVE MEASURES.....	20
	Safety	21
	Food Intake	21
	Combat Load.....	23
	Physical Fitness.....	23
2004	EFFECTIVE LEADERSHIP	24
2005	COMBAT STRESS MANAGEMENT BUILDING BLOCKS	26
	Confidence in Leaders	26
	Confidence in Training	27
	Confidence in Unit.....	27
	Confidence in Equipment	28
	Cohesion and Morale	28
	Physical Conditioning.....	28
	Family Care.....	29
	Coping with Individual Stress.....	30
2006	CRITICAL EVENT DEBRIEF AND UNIT LEADER’S AFTER ACTION REVIEW	32
	Critical Event Debrief.....	32
	After Action Review	33

2007	EFFECTIVE COMBAT STRESS	
	CONTROL PROGRAM.....	34
	Phase 1: Predeployment.....	34
	Phase 2: Deployment and Combat.....	41
	Phase 3: Post-Combat.....	45

Chapter 3. Command Leadership Actions

3001	LEADERSHIP ACTIONS AND INTERVENTIONS FOR COMBAT STRESS	47
3002	SAFETY CONSIDERATIONS	49
3003	COMBAT STRESS CASUALTY INTERVENTION MODELS	51

Chapter 4. Sleep Deprivation

4001	CHALLENGES OF SLEEP DEPRIVATION	57
4002	EFFECTS OF SUSTAINED OPERATIONS ON PERFORMANCE.....	61
	Adverse Conditions	62
	Sleep Loss Indicators.....	63
	Loss of Concentration.....	65
4003	ACHIEVING SLEEP IN COMBAT	66
	Rhythmic Variations.....	66
	Sleep Shifts.....	68
	Sleep/Rest Guidelines.....	68
	Measuring Sleep Loss.....	70
	Sleep Loss Alternative.....	70

4004	SLEEP/REST PLANNING.....	71
	Pre-Deployment Stage	71
	Deployment Stage	72
	Pre-Combat Stage	72
	Combat Stage	72
	Post-Combat Stage.....	73

Appendices

A	Suicide Awareness Information	A-1
B	Religious Ministry Team’s Role	B-1
C	Glossary	C-1
	Section I. Acronyms	C-1
	Section II. Definitions	C-2
D	References.....	D-1