

NAVY AND MARINE CORPS COMBAT AND OPERATIONAL STRESS CONTROL

THE COMBAT AND OPERATIONAL STRESS CONTINUUM

Ready

Good to Go Well-Trained

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Fit and Focused

Cohesive Units

Ready Families

Reacting

Distress or Impaired

Mild and Temporarily Anxious, Irritable or Sad

Physical or **Behavioral Changes**

Injured

More Severe or Persistent Stress or Impairment due to Life Threat. Wear and Tear, Loss or **Inner Conflict**

May Leave Lasting Memories, Reactions and Impressions

Stress Injuries that Don't Heal without Help

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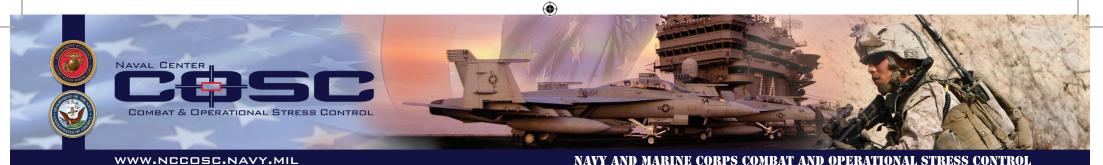
Ill

Symptoms Persist, Get Worse or Initially Get Better then Return Worse

Unit Leader Responsibility

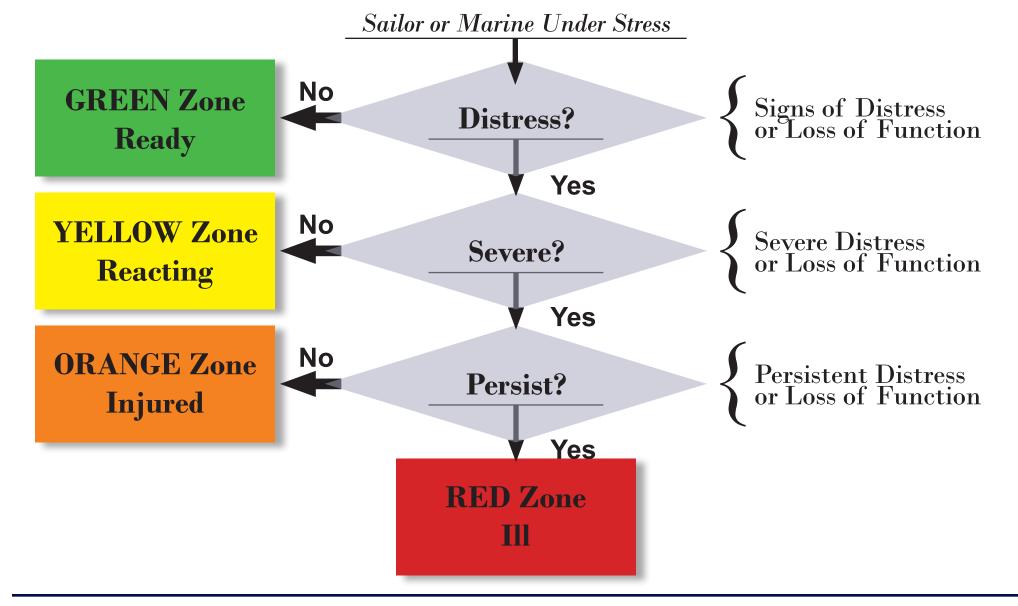
Individual, Shipmate, Family Responsibility

Caregiver Responsibility



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OPERATIONAL STRESS CONTROL DECISION MATRIX



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