



## THE COMBAT AND OPERATIONAL STRESS CONTINUUM

### Ready

Good to Go  
 Well-Trained  
 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

### III

Stress Injuries  
 that Don't Heal  
 without Help  
 Symptoms Persist,  
 Get Worse or  
 Initially Get Better  
 then Return Worse

Unit Leader  
 Responsibility

Individual, Shipmate, Family  
 Responsibility

Caregiver  
 Responsibility



# OPERATIONAL STRESS CONTROL DECISION MATRIX

*Sailor or Marine Under Stress*

