

HOW TO DEAL WITH COMBAT STRESS REACTIONS

MILD STRESS REACTIONS	
PHYSICAL SIGNS*	EMOTIONAL SIGNS*
<ol style="list-style-type: none"> 1. Trembling, Tearful 2. Jumpiness, Nervousness 3. Cold Sweat, Dry Mouth 4. Pounding Heart, Dizziness 5. Insomnia, Nightmares 6. Nausea, Vomiting, Diarrhea 7. Fatigue 8. Thousand-Yard Stare 9. Difficulty Thinking, Speaking, and Communicating 	<ol style="list-style-type: none"> 1. Anxiety, Indecisiveness 2. Irritable, Complaining 3. Forgetful, Unable to Concentrate 4. Easily Startled by Noise, Movement 5. Grief, Tearful 6. Anger, Beginning to Lose Confidence in Self and Unit
SELF- AND BUDDY AID	
<ol style="list-style-type: none"> 1. Continue mission performance, focus on immediate mission. 2. Expect service member to perform assigned duties. 3. Remain calm at all times; Be directive and in control 4. Let service member know his reaction is normal, and that there is nothing seriously wrong with him. 5. Keep service member informed of the situation, objectives, expectations, and support. Control Rumors. 6. Build service member's confidence, talk about succeeding. 7. Keep service member productive (when not resting) through activities, equipment maintenance. 8. Ensure service member maintains good personal hygiene. 9. Ensure service member eats, drinks, and sleeps as soon as possible. 10. Let service member talk about his feelings. Do not "put down" his feelings of grief or worry. Give practical advice and put emotions into perspective. 	
<p>* Most or all of these signs are present in mild stress reaction. They can be present in any normal service member in combat yet he can still do his job.</p>	

MORE SERIOUS STRESS REACTIONS	
PHYSICAL SIGNS*	EMOTIONAL SIGNS*
<ol style="list-style-type: none"> 1. Constantly Moves Around 2. Flinching or Ducking at Sudden Sounds 3. Shaking, Trembling (whole body or arms) 4. Cannot Use Part of Body, No Physical Reason (hand, arm, legs) 5. Cannot See, Hear, or Feel (partial or complete loss) 6. Physical Exhaustion, Crying 7. Freezing Under Fire, or Total Immobility 8. Vacant Stares, Staggers, Sways when Stands 9. Panic Running Under Fire 	<ol style="list-style-type: none"> 1. Rapid and/or Inappropriate Talking 2. Argumentative, Reckless Movements/Actions 3. Inattentive to Personal Hygiene 4. Indifferent to Danger 5. Memory Loss 6. Severe Stuttering, Mumbling, or Cannot Speak At All 7. Insomnia, Nightmares 8. Seeing or Hearing Things That Do Not Exist 9. Rapid Emotional Shifts 10. Social Withdrawal 11. Apathetic 12. Hysterical Outbursts 13. Frantic or Strange Behavior
TREATMENT PROCEDURES**	
<ol style="list-style-type: none"> 1. If a service member's behavior endangers the mission, self, or others, do whatever is necessary to control him. 2. If the service member is upset, calmly talk him into cooperating. 3. If concerned about the service member's reliability: <ul style="list-style-type: none"> • Unload his weapon • Take weapon is seriously concerned • Physically restrain him only when necessary for safety or transportation. 4. Reassure everyone that the signs are probably just stress reaction and will quickly improve. 5. If stress reaction signs continue: <ul style="list-style-type: none"> • Get the service member to a safer place • Do not leave the service member alone, keep someone he knows with him. • Notify senior noncommissioned officer or officer. • Have the service member examined by medical personnel 6. Give the service member easy tasks to do when not sleeping, eating, or resting. 7. Assure the service member he will return to full duty in 24 hours; Return him to normal duties as soon as he is ready. 	
<p>* These signs are present in addition to the signs of mild stress reaction.</p> <p>** Do these procedures in addition to the self and buddy aid care.</p>	