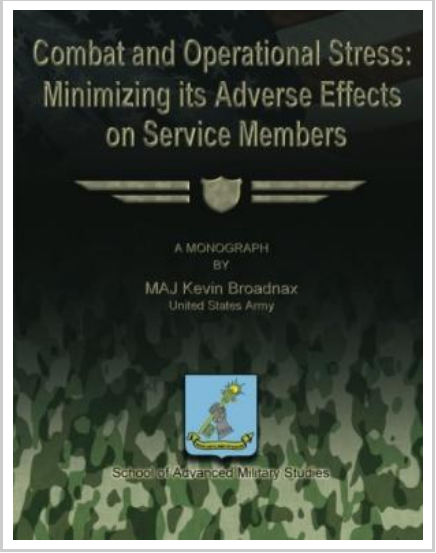


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Combat and Operational Stress: Minimizing Its Adverse Effects on Service Members

By United States Army Maj Kevin Broadnax

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Stress and stressors are an inherent part of warfare because of the violence, the physical conditions, and duration of operations. It has been studied and documented that some stresses are good for an individual because they improve performance. Stress represents the mobilization of the body and mind to counteract stressors. It can be positive or negative. A stressor is any event or situation that requires an unusual change in the way a person responds. This study looks at why the military is reactive in its battle against combat and operational stress and how it can become proactive. The study examines not only the adverse impact on a soldiers performance in a stressful combat or operational environment, but it also addresses the individual s ability to function once he/she is no longer in a stressful combat or operational environment. Early identification at the onset of short-term effects provides a window to properly treat and minimize the negative effects of handle Combat and Operational Stress (COS). It has become evident that more attention is being given to...

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