Combat Stress Reactions

Combat stress reactions are not a mental weakness or disease. Every warfighter may have such reactions under extreme stress. Just like a jammed weapon, with the right care it can be fixed.

**Signs**

Appearing “frozen” and detached from what is happening, shaking, showing extreme emotion, behaving erratically

**How to help**

1. **Get Them Up**
   - Laying down increases helpless feelings. If laying, have them sit up.

2. **Connect**
   - Get them to connect with you. Eye contact, squeezing your hand.

3. **Commitment**
   - Assure them they are not alone, that you and others are committed to them.

4. **Ask for Facts**
   - Ask simple facts. Get their brain reengaged. Where are they, who is their commander, etc.

5. **Chronology - Orient Them**
   - Tell them what happened, is happening, will happen next.

6. **Give Task**
   - Direct them to a meaningful task to immediately do. Be assertive and clear.