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Combat and Operational Stress Control and Marine Combat Stress

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A great value! Two military manuals combine into one book. If you purchase both books separate you will pay more for the books plus shipping cost. Combat and Operational Stress Control: In our own Soldiers and in the enemy combatants, control of stress is often the decisive difference between victory and defeat across the operational continuum. Battles and wars are won more by controlling the will to fight than by killing all of the enemy combatants. Uncontrolled combat stress causes erratic or harmful behaviors, impair mission performance, and may result in disaster and defeat of COSC preventive measures. The COSC preventive measures are aimed at minimizing maladaptive stress reactions while promoting adaptive stress reactions, such as loyalty, selflessness, and acts of bravery. This manual provides doctrinal guidance for controlling excessive stress in combat and other operational environments. It identifies command and leadership responsibilities for COSC. It identifies COSC consultation, training, and education assistance available for units. Marine Combat Stress: This publication is written to inform small-unit leaders of stress characteristics and management techniques in order to prevent, reduce, identify, and treat combat stress reactions in the Service member's own unit to the maximum extent possible. A significant part of training is learning to control and cope with stress. Leaders must learn to cope with their own stress and then assist junior personnel in managing their stress. The application of combat stress management techniques helps conserve fighting strength and provides one more step toward achieving success. While this manual focuses on combat-induced stress reactions, it is important to emphasize that "combat stress" is not restricted only to combat, but may also arise from combat-like conditions present during military operations other than war.

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