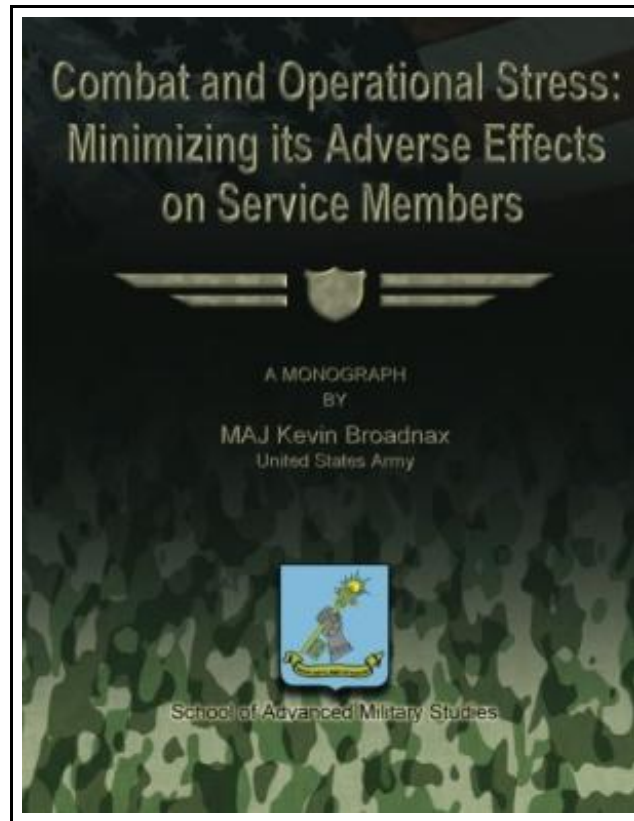


## Combat and Operational Stress: Minimizing Its Adverse Effects on Service Members (Paperback)



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### ***Reviews***

*Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
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## COMBAT AND OPERATIONAL STRESS: MINIMIZING ITS ADVERSE EFFECTS ON SERVICE MEMBERS (PAPERBACK)

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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 soldier's 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 service members that return from combat with PTSD. However, a more effective use of resources can be achieved by providing a basic education which identifies what combat and operational stress is and how we can minimize its short and long-term negative effects. This in turn can minimize the number of service members that need to be treated for long-term medical conditions that develop because of COS. This study examines how we can better prepare U.S. service members to handle Combat and Operational Stress. This paper addresses ways to minimize the adverse effects of COS. Adverse refers to physical, mental,...



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