

# Combating Stress

## Marines Taking Care of Marines



### Stress Continuum

The Stress Continuum is a tool for recognizing where we are in response to stress and helps us understand what actions may be needed. The five Core Leader Functions is a leadership tool used to move Marines towards the green zone.

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Good to go</li> <li>• Well trained</li> <li>• Prepared</li> <li>• Fit and tough</li> <li>• Cohesive units, ready families</li> </ul>	<ul style="list-style-type: none"> <li>• Distress or impairment</li> <li>• Mild, transient</li> <li>• Anxious or irritable</li> <li>• Behavior change</li> </ul>	<ul style="list-style-type: none"> <li>• More severe or persistent distress or impairment</li> <li>• Leaves lasting evidence (personality change)</li> </ul>	<ul style="list-style-type: none"> <li>• Stress injuries that don't heal without intervention</li> <li>• Diagnosable                             <ul style="list-style-type: none"> <li>▪ PTSD</li> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Addictive Disorder</li> </ul> </li> </ul>

**Unit Leader Responsibility**

*Individual Responsibility*

**Chaplain and Medical Responsibility**



### Combat and Operational Stress Control

[www.manpower.usmc.mil/cosc](http://www.manpower.usmc.mil/cosc)

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