

**Commanding General  
II Marine Expeditionary Force  
Combat and Operational Stress Control Policy Statement**



Stress is a central part of the process through which we build strength and lethality in our Marines and Sailors. Understanding stress reactions and proactively addressing stressors that affect our physical, spiritual, and emotional health increases mission readiness and, most importantly, forges elite warriors who are agile to endure the rigors of combat.

Leaders must ensure Marines and Sailors are well-led and cared for physically, emotionally, and spiritually, both in and out of combat. The Operational Stress Control and Readiness (OSCAR) Teams will assist Commanders in maintaining their unit's warfighting capabilities by addressing the impacts of stress. All II MEF Marines and Sailors will participate in Combat Operational Stress Control (COSC) activities to include OSCAR training and COSC Deployment Cycle Training in order to enhance unit and individual readiness.

The COSC five Core Leader Functions promote principles of wellness, prevention, early intervention, identification, reintegration, and reduction of stigma. They will form the foundation for this command's COSC program. COSC teams will support their commands in promoting the long-term health of our Marines, Sailors, and family members.

**Strengthen.** Leaders will use their existing tools for training and developing Marines to strengthen mentally, physically, spiritually, and socially against negative effects of combat or operational stress. This includes tough and realistic training to develop technical proficiency, increase unit cohesion, and sustain a combat-ready force.

**Mitigate.** Leaders at all levels must set the conditions that allow Marines to focus on their warfighting tasks rather than be distracted by unwanted stressors. Leaders should be aware of the effects of stress on each Marine and help them develop their own coping strategies to manage stress effectively.

**Identify.** It is critical for leaders to promptly identify and address signs of stress in their Marines before they escalate. This is an important aspect of effective, small unit leadership and combat skills.

**Treat.** Treatment is about taking action. It begins with dedication to self-care. It also includes peer support, chaplain, medical, or other resources. When Marines recognize that stress is becoming overwhelming in themselves or others, they do not hesitate to reach out for support or accept it when it is offered.

**Reintegrate.** Regardless of the level of a Marine's treatment, they will be assisted during the process and will be received into the unit completely and respectfully once recovered. The expectation is that all Marines continue to be effective members of the unit.

A handwritten signature in black ink that reads "B.D. Beaudeau". The signature is written in a cursive, flowing style.

**B.D. BEAUDREAU  
Lieutenant General, U.S. Marine Corps  
II MEF Commanding General**