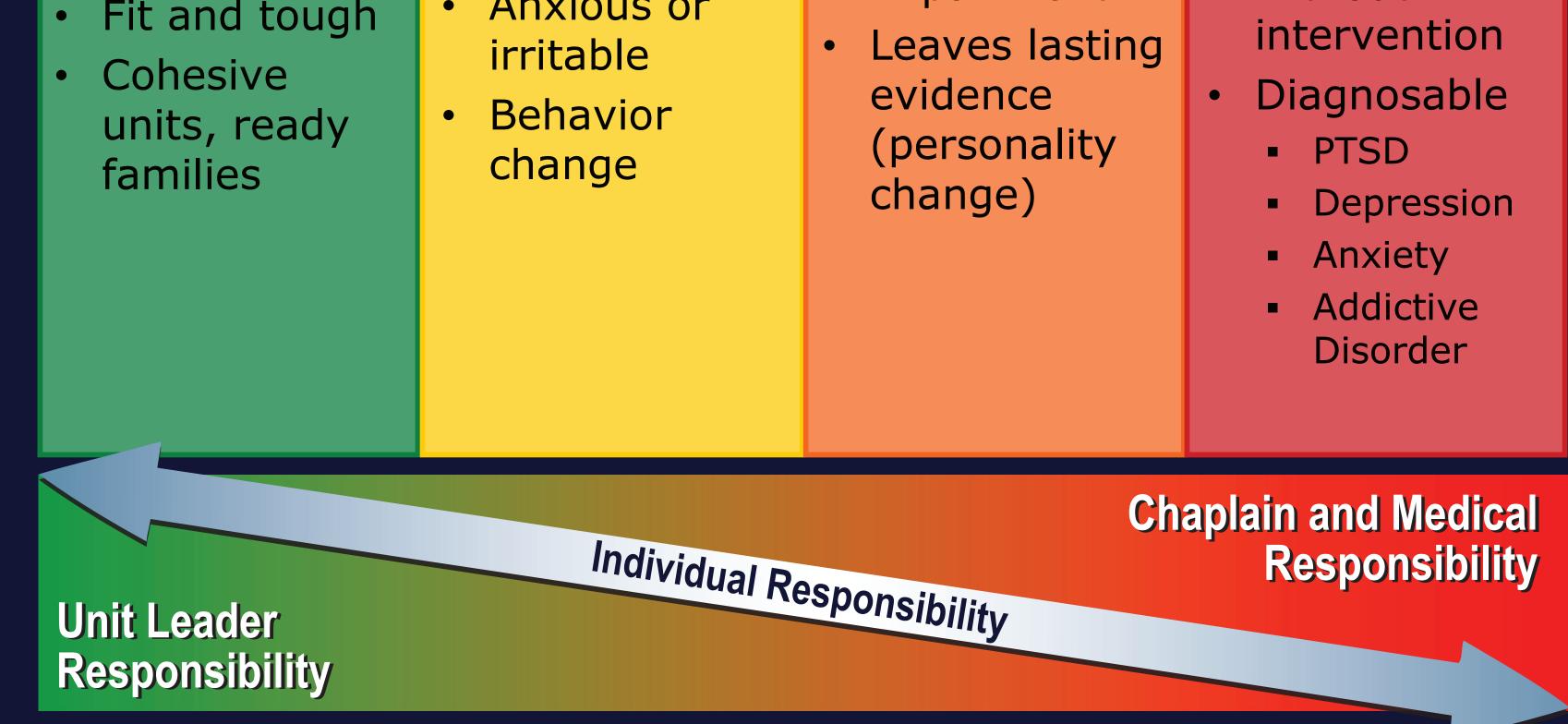
Combating Stress Marines Taking Care of Marines

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
 Good to go Well trained Prepared 	 Distress or impairment Mild, transient 	 More severe or persistent distress or 	 Stress injuries that don't heal
 Fit and tough 	 Anxious or 	impairment	without





Combat and Operational Stress Control

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Marines Taking Care of Marines





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