

Speaker Notes

Title of Presentation: Combat Related Stress Reactions

Page 1 – none.

Page 2 – none.

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- A stress reaction is a completely normal reaction to have as a result of being in a combat situation. This response is what helps keep you safe.
- Combat requires a continued state of alertness and hyper-vigilance.

Page 4 – The stress response is physiological. Effects include: increased heart and breath rates, redistribution of blood flow that leads to cold hands and feet; an anxious feeling in the stomach caused by the digestive system shutting down. These reactions are necessary in a combat situation, but cause physiological and emotional problems if they continue beyond combat.

Page 5 – If these reactions persist and interfere with functioning, seek help.

Page 6 – Increased combat-related stress reactions can take a toll on the military member as well as their family. In a family system one person's stress reactions affect the whole family.

Page 7 – Family members have additional stressors as well which, as with the military member, can exacerbate their reactions to normal daily stressors at home and at work.

Page 8 – Practicing self-care is important.

- Seeking support from others (either formal or informal) can minimize the stress response by helping you feel that you are not in this alone.
- Exercising releases endorphins that give a sense of well-being. It also rids the body of some of the physiological effects of the stress response.
- Maintaining a healthy diet and staying away from caffeine and nicotine also helps to lower the body's arousal state.
- Sleep: It's important to give the body a chance to rest and recuperate

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- Using "I" statements: When you use "I" statements you take ownership of your feelings and reactions instead of casting blame on the other person.
- Being specific: Being specific in the issues you are wanting to address rather than making blanket statements, decreases the risk of things escalating.

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Page 11 – none.

Page 12 – none.

Page 13 – none.

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Page 15 – none.

Page 16 – none.