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Combat and Operational Stress Control Manual for Leaders and Soldiers (FM 6-22.5)

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The focus of this publication is to inform leader and Soldiers of the stressors of combat (offense and defense), stability, and civil support operations and to provide information on combat and operational stress control (COSC). It provides guidance on how to prevent, reduce, identify, and manage combat and operational stress reactions (COSRs) in the Soldier's own unit to the maximum extent possible. This publication identifies risk facts/stressors associated with military operations and leader actions/preventive measures required to reduce or eliminate them. It is the intent of this publication to provide COSC management tools that will maximize the combat effectiveness of an organization or element. Leaders must focus their efforts on the management COSR and mitigating factors to control COSR and shape the long-term reaction of their organization and individual Soldiers. These COSC management tools will facilitate healthy and adaptive resolutions of stress issues resulting from combat and operational engagements while conducting military operations. Using these tools, leaders should assist junior personnel in managing their stress. This publication discusses the application of unit needs assessment (UNA), COSC management techniques, and traumatic event management (TEM) that help prevent, identify, and treat stress casualties in forward areas and minimize the long-term effects of a COSR.

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