

SIGNS AND SYMPTOMS OF COMBAT STRESS

(Source):
<https://www.stress.org/military/combat-stress>



Signs and Symptoms of COSR

Physical, Thinking, Emotional

Most soldiers have some of these signs some of the time.

Some soldiers have many of these signs often, yet still fight and perform well.

All soldiers, especially leaders, need to know these are normal and common.

Common-Physical

Fatigue

Jumpiness

Aches and pains

Upset stomach, nausea

Diarrhea or constipation

Problems eating

Problems sleeping

More Serious-Physical

Flinching

Shaking

Limbs/Eyes/Ears won't work

Spaced Out

Common- Emotional

Frustrated/ angry

Worried

Keyed up

Guilty, ashamed

Depressed/ withdrawn

Numb

More Serious- Emotional

Panic attacks

“flat” expression

Regression

Immobilizing depression