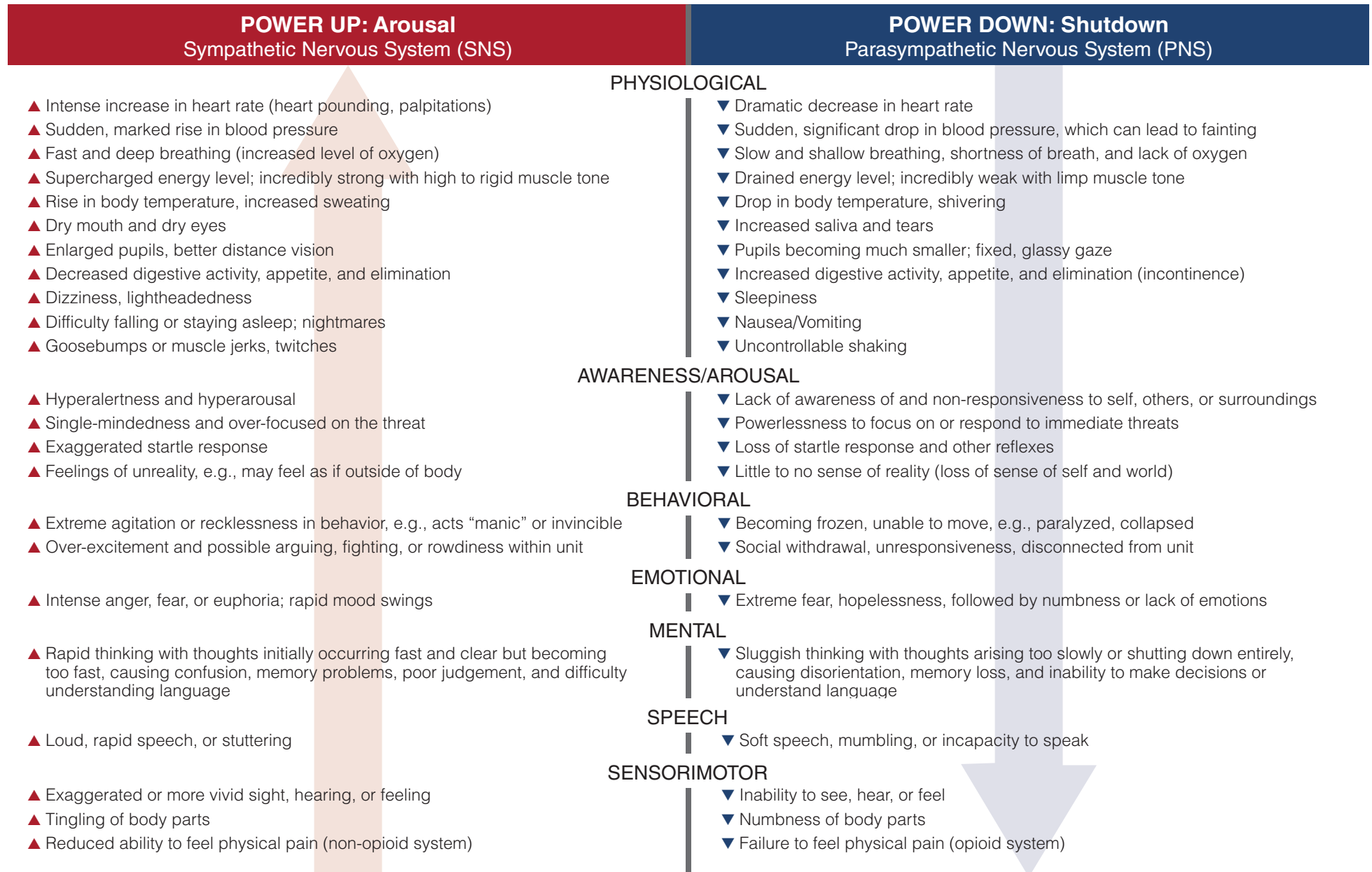


Symptom¹ Profiles of Combat Stress Reactions

Combat Stress Reactions (CSRs) are normal, involuntary, temporary reactions to extremely stressful combat-related events. CSRs are the body's expected survival responses that encompass physiological, behavioral, emotional, mental, and other changes in body processes triggered by the autonomic nervous system (ANS). These changes, which are detailed below, are regulated by two branches of the ANS – the sympathetic nervous system (SNS) responsible for arousal and the parasympathetic nervous system (PNS) responsible for shutdown. Co-active SNS and PNS responses, including high heart rate, blood pressure, and arousal with extreme fear, can trigger a “fright” response that leaves a service member unable to move or vocalize (“scared stiff”).



¹ Primary reference: Schauer, M., & Elbert, T. (2010). Dissociation following traumatic stress. *Journal of Psychology*, 218(2), 109–127