

LESSON FIVE

PRACTICE EXERCISE

The following situation will test your grasp of the material covered in this lesson. When you complete the exercise, check your answers with the answer key that follows. If you answer any item incorrectly, study again that part of the lesson which contains the portion involved.

Situation: Your unit has been informed that it is deploying to southwest Asia. In order to prepare your unit to accomplish its mission despite combat stress, what will be your stress management program during predeployment, deployment and combat, and post combat? Identify and explain a minimum of two elements each per phase.