

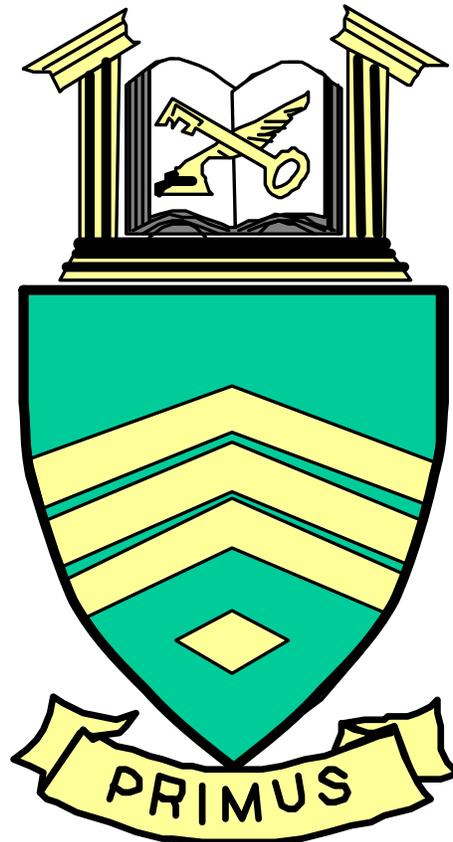
U.S. ARMY SERGEANTS MAJOR ACADEMY (FSC-TATS)

L671

OCT 04

STRESS MANAGEMENT

STUDENT HANDOUT



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HANDOUTS FOR LESSON 1: L671 version 1

This appendix contains the items listed in this table--

Title/Synopsis	Pages
SH-1, Advance Sheet	SH-1-1
SH-2. Student Notes	SH-2-1 to SH-2-4

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Student Handout 1

Advance Sheet for L671

Lesson Hours This lesson consists of two hours of small group instruction.

Overview Soldiers in our smaller, force-projection Army will face stressful situations in all of the dimensions of Army Operations. Battle fatigue casualties decrease when morale, unit cohesion, leadership, and training are strong. This lesson will provide you with additional tools to implement a program to combat battlefield stress. This lesson consists of a before class reading assignment, and a classroom discussion.

Learning Objective Terminal Learning Objective (TLO).

Action:	Determine leaders' responsibilities for identifying, treating, and preventing battle fatigue.
Conditions:	As a first sergeant in a classroom, given FM 22-51.
Standards:	Determine the leaders' responsibilities for identifying, treating, and preventing battle fatigue IAW FM 22-51.

- ELO A** Explain the basic concepts of stress.
ELO B Discuss the normal, common signs, and the warning (more serious) signs of battle fatigue.
ELO C Explain the six sublabels of battle fatigue (light and heavy, duty and rest, hold and refer) in terms of where to treat or send the soldier.
ELO D Discuss the principles of preventing battle fatigue.
ELO E Discuss the leaders' actions to offset battle fatigue risk factors.
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Assignment The student assignments for this lesson are:

- Read FM 22-51, chapters 1, 2, 4, 5, 11, Appendix A, and page E-11 before class.

Additional Subject Area Resources None

Bring to Class

- AR 22-51.
- Student Handouts 1 and 2.
- Pen or pencil and writing paper.

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