

# Maintaining the *Most Important System of All*



**A**rrmy information technology gurus often talk about developing the system of systems. Mostly they forget to talk about an Army system of systems that has existed since George Washington became a general.

It's a highly adaptive system that shoots, moves and communicates with whatever hardware is added to it. Mostly it's hardy and stands up to more punishment than most of its secondary components.

It comes equipped with the most powerful computer known to man. Unfortunately, many believe this computer needs little maintenance. In fact, some actively avoid doing preventive maintenance on this computer, even when it sends warning alerts that its been shaken up, program processors are overloaded, and some processes aren't functioning well.

THAT SYSTEM'S END ITEM IS WITH EACH SOLDIER DAY AND NIGHT.

**THE SOLDIER IS THE END ITEM... THE ULTIMATE SYSTEM OF SYSTEMS.**

AND WE **NEED** SYSTEMS MAINTENANCE.

WE DO PRETTY WELL FUELING AND LUBRICATING, AND KEEPING THE HARDWARE OF OUR OWN PERSONAL SYSTEM OF SYSTEMS UP-TO-SNUFF.

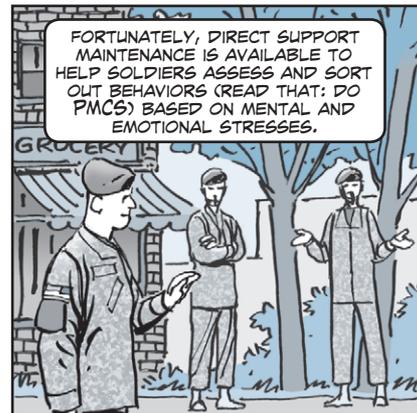


FOR TOO LONG WE'VE BEEN RELUCTANT TO DIAGNOSE OUR SYSTEMS WHEN OUR THINKING (PROCESSORS) GET SHAKEN UP AND STRESSED.

PMCS OF OUR BRAINS, EMOTIONS AND BEHAVIORS IS AS IMPORTANT AS PHYSICAL EXERCISE, FOOD, WATER AND REST.



AS STRESSFUL AS COMBAT IS, RETURNING TO A NON-COMBAT ENVIRONMENT PRESENTS NEW STRESSES BEFORE WE'VE HAD THE CHANCE TO RECOVER FROM THE DAILY GRIND OF WARFIGHTING.



FORTUNATELY, DIRECT SUPPORT MAINTENANCE IS AVAILABLE TO HELP SOLDIERS ASSESS AND SORT OUT BEHAVIORS (READ THAT: DO PMCS) BASED ON MENTAL AND EMOTIONAL STRESSES.



A NEW WEBSITE HELPS SOLDIERS WITH...

- BEFORE, DURING AND POST-DEPLOYMENT BEHAVIORAL HEALTH
- STRESS DISORDERS
- SUICIDE PREVENTION
- BATTLEMIND TRAINING
- RESOURCES FOR SOLDIERS AND THEIR FAMILIES

**BATTLEMIND TRAINING** TEACHES SOLDIERS HOW TO IMPROVE RESILIENCY AND REDUCE THE STRESSES OF WARFIGHTING.

RECOGNIZING AND TREATING THE SYMPTOMS OF WAR-FIGHTING POST-TRAUMATIC STRESSES CAN HELP PREVENT THE STRESSES FROM DEVELOPING INTO DISORDERS.

SO USE THE WEBSITE LIKE YOU'D USE A TECHNICAL MANUAL.

GET ONLINE AND START DOING PMCS ON YOURSELF AND YOUR FELLOW SOLDIERS.



**VISIT THE ARMY'S BEHAVIORAL HEALTH WEBSITE:**  
<http://www.behavioralhealth.army.mil/>