



Fostering Resilience And Managing Emotions

Working with Human Remains

Training Handouts

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This module was co-developed by the Walter Reed Army Institute of Research (WRAIR) and the Norwegian Armed Forces Joint Medical Service.

Approved for public release; distribution unlimited

Questions or comments can be emailed to the WRAIR:
[usarmy.detrick.medcom-wrair.mbx.resilience-
research@health.mil](mailto:usarmy.detrick.medcom-wrair.mbx.resilience-research@health.mil).

Before

During

After



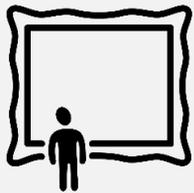
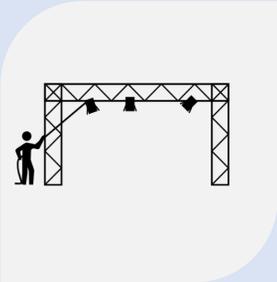
Get the G2

- Seek information
- Recognize there will be a limit to the information available
- Learn what you can

- Background and circumstances
- Type of casualties (own forces, enemy, civilians, children)
- Condition of remains
- Operational context

- Talk about what to expect
 - Remind them of their tactical training
 - Communicate safety measures
 - Provide shielding barriers
 - Plan for breaks and rest
- Assign separate roles
- Acknowledge importance of their task

Set the Stage

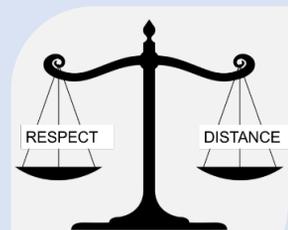


Remember the Big Picture

Keep the importance and meaning of the task in mind

- Act with respect
- Prevent regret
- Think about remains as remains
- Label remains
- Remember these are remains

Balance your Outlook



Refresh Skills

Review mental skills for managing human remains



Before

During

After



Before

During

After

Exposure Control

**Set
Perimeter**

- Limit your own unnecessary exposure
- Screen others from unnecessary exposure



**Manage
Triggers**

- Cover the remains
- Avoid exposure to hands and face



Attention Control

**Deliberate
Focus**

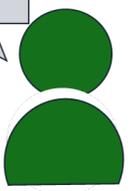
- Orient yourself by asking “what is my role in interacting with the remains?”



Self-Talk

- Talk yourself through the task (so you don't focus on the remains)

I'm going to talk my way through this task



Before

During

After

Activation Control

Self-Monitoring

- Use Cooper's colors as a rapid way to track activation levels

Grounding

- Find your feet to anchor yourself

Humor

- Use humor without disrespect



Before

During

After

Sustainment

Hydrate

- Drink plenty of water



Eat

- Remember to eat and maintain hygiene



Sleep

- Bank sleep and invest in sleep



Pace

- Take a break before you need it



Team-up

- Look out for your Battle



Before

During

After

Close-out

End with a symbolic event that marks the end of the task

Give yourself a moment to reflect

Leverage power of ritual



Recognize

Recognize you and your team have contributed to the mission



Connect

Look out for one another



Accept

Be aware that you may experience intrusive sensory memories

Be patient with sensory memories

Let the intrusions dissipate on their own



Practical Exercise

Before

During

After

Intelligence Report

- What is the number of remains you observed?
- Are they military? Civilian?
- What are their uniforms (if any)? (own forces, allies, enemy)
- What condition are the remains in? (Mutilated? Decomposed?)
- Are there signs of war crimes? (Hands tied? Signs of execution?)
- What sort of weapons and equipment are present?
- Other important details?



Before

During

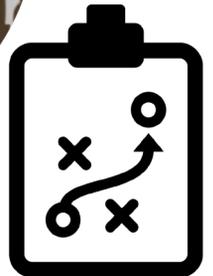
After

Warrior Skill: Telling Your Story



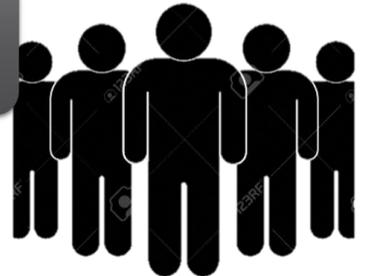
Benefit from Telling Your Story

- Helps you sustain your resilience
- Keeps you connected to people you care about



Be strategic

- Have a superficial **short** story and a detailed **long** story about your experiences
- Match your story to the person you are talking with



Follow your instinct

- Shield family and friends from details that are overwhelming
- Be deliberate

Find someone

- Consider battle buddies, Other veterans
- Consider mental health professionals

Skill Summary

Before	During	After
Get the G2	Set Perimeter	Close-out
Set the Stage	Manage Triggers	Recognize
Remember the Big Picture	Deliberate Focus	Connect
Balance your Outlook	Self-Talk	Accept
Refresh Skills	Self-Monitoring	Telling your story
	Grounding	
	Humor	
	Hydrate	
	Eat	
	Sleep	
	Pace	
	Team-Up	
	Bystander Management	