

**AMENDMENT TO RULES COMMITTEE PRINT 115-**

**23**

**OFFERED BY MR. CÁRDENAS OF CALIFORNIA**

Page 211, after line 6, insert the following:

1 **SEC. 725. PILOT PROGRAM ON MINDFULNESS BASED**  
2 **STRESS REDUCTION IN PRE-DEPLOYMENT**  
3 **TRAINING.**

4 (a) PILOT PROGRAM.—The Secretary of Defense, in  
5 consultation with the Secretary of Homeland Security with  
6 respect to the Coast Guard when it is not operating as  
7 a service in the Navy, shall carry out a pilot program  
8 under which the Secretary provides training on mindful-  
9 ness-based stress reduction to members of the Armed  
10 Forces before their deployment to combat theaters of oper-  
11 ations.

12 (b) REPORT.—The Secretary of Defense shall submit  
13 to Congress a report evaluating whether the training pro-  
14 vided under the pilot program under this section is helpful  
15 for managing stress and preventing post-traumatic stress  
16 disorder.

