AMENDMENT TO RULES COMMITTEE PRINT 118–36

OFFERED BY MR. PFLUGER OF TEXAS

At the end of subtitle G of title X, insert the following:

1 **SEC. 10___. PSYCHOLOGICAL PERFORMANCE TRAINING IN**
2 **PERFORMANCE MINDSET.**

3   (a) FINDING.—Congress finds that long-term expo-
4 sure to high-stress environments leaves many individuals
5 in a suboptimal performance state, creating an environ-
6 ment for maladaptive coping mechanisms, compromised
7 performance abilities, and a potential increase in anxiety,
8 depression, suicide, domestic violence, and substance
9 abuse.

10   (b) REQUIRED TRAINING.—All training provided to
11 a member of the Armed Forces, including at a Service
12 Academy (as defined section 347 of title 10, United States
13 Code), or a school operated under chapter 107 or 108 of
14 title 10, United States Code, shall include training on the
15 development of proactive psychological performance skills
16 and strategies for psychological flexibility and mental
17 strength. Such training shall include each of the following:

1 　　　　(1) Training in scientifically researched and evi-
2 dence-based mindset skills designed to prepare mem-
3 bers of the Armed Forces for the physical and men-
4 tal stressors associated with service in the Armed
5 Forces.

6 　　　　(2) Performance mindset training designed to
7 create psychological flexibility and mental strength
8 to reduce the effects of potential trauma.

9 　　　　(3) Interactive and contextualized training pro-
10 vided by specialized training teams with expert
11 knowledge of psychological performance and how to
12 apply the skills covered by the training across the
13 phases of a career of a member of the Armed
14 Forces.

15 　　(c) REPORT.—Not later than one year after the date
16 of the enactment of this Act, and annually thereafter, the
17 Secretary of Defense shall submit to the congressional de-
18 fense committees a report on the implementation of this
19 section. Each such report shall be submitted in unclassi-
20 fied form, but may contain a classified annex.

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