



# Cool Mind: 11 Easy Ways to Relieve Stress, Boost Self-Confidence, and Improve Concentration in School, Sports, and Life

*David Keefe*

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**When life brings the heat, you need to chill out.**

The demands of school, sports, exams, and relationships can be so stressful. This toolkit of simple mindfulness techniques can help! Designed to be used anytime you are stressed or upset—or need to boost your energy and confidence—these short practices can help you feel calmer, happier, more focused, and more able to get the most out of life.

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