

Mindfulness For Student Athletes A Workbook To Help Teens Reduce Stress And Enhance Performance English Edition By Gina M Biegel

Stay in the moment, stay in the game! With this fun and engaging workbook for young athletes, you'll find practical ways to cope with stress and improve your performance, no matter what sport you play. If you're like many other high school or college students, you probably feel pressure to perform at a high level—both in the classroom and on the field. Unfortunately, this pressure can cause lots of stress and anxiety. To make matters worse, you may find it difficult to effectively manage all of these demands on your time, energy, and health. This is where mindfulness can help. Mindfulness allows you to stay present, focus, and be calm with your thoughts and emotions, no matter how stressful life gets. In Mindfulness for Student Athletes, you'll find practical and tactical ways to cope with stress and anxiety in the moment, prevent stress in the future, and experience more satisfaction and enjoyment while playing sports. You'll also find proven-effective tools to naturally enhance your performance. The mindfulness skills outlined in this workbook will not only help you on the field—but in life as well. You'll be able to take what you've learned and apply it to any situation, from job interviews to scoring a touchdown. What a gift to have!

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the mindfulness stress amp health lab team

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5 simple mindfulness practices for daily life mindful

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