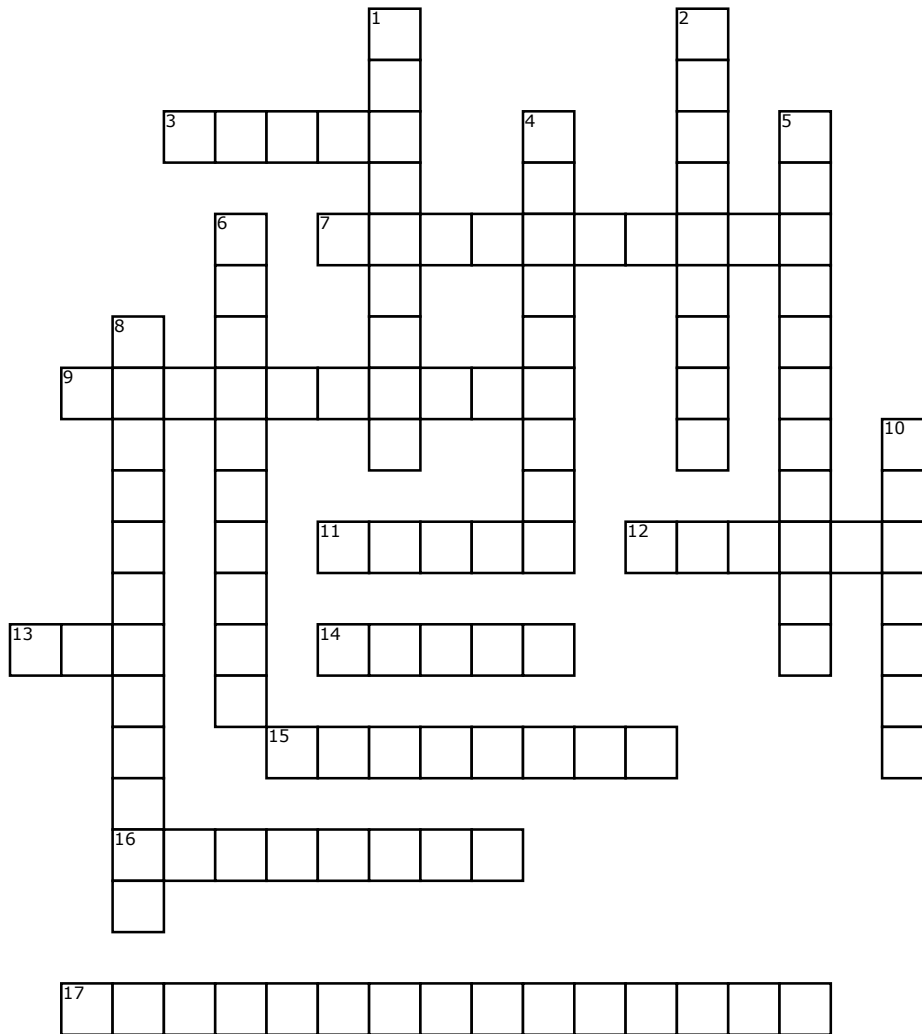


Mindful Crossword



Across

3. Sara _____ is a neuroscientist working on the effects of meditation and yoga on the brain

7. literally means "to suffer together". It is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering.

9. The act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed: Meaning of meditation in English meditation noun UK /,med.ɪ'teɪ.jən/ US /,med.ə'teɪ.jən/ the act of giving your attention to only one thing as a way of becoming calm and relaxed

11. Pay particular attention to

12. a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

13. Pre-Frontal Cortex acronym

14. to become less active and more calm and happy, or to become less stiff

15. Also known as the Reptilian brain or 'Tsotsi'

16. Also known as the stress hormone

17. The ability of the brain to change continuously throughout an individual's life

Down

1. An eager wish to know or learn about something:

2. The quality of being thankful; readiness to show appreciation for and to return kindness.

4. The quality or state of being aware; knowledge that something exists, or understanding of a situation or subject at the present time

5. Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

6. Your ability to adapt when faced with adversity and stress and to return to your equilibrium

8. The study of how the nervous system develops, its structure, and what it does

10. The state of being away from a place or person.

Word Bank

Lazar

Curiosity

absence

Focus

Meditation

Cortisol

Amygdala

Compassion

Resilience

Neuroscience

Relax

Neuroplasticity

Gratitude

mindfulness

PFC

awareness

Stress