

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mindfulness

G T A M E D I T A T I O N F S S N  
G Y L G O P R E S E N T P U T A P  
P C P L D U C H Q R L T R H Z Z E  
U A I I C U R G O X F C B O X Z Q  
X J A Q I D D I O D R D W P B F G  
O F A P P R E C I A T I V E E P X  
Q Q O T J R Q O D M H Y Z F G O V  
H S R S W Q R R C X E U E U E G M  
C O P V T C P S K C A L M L J F Y  
Z A W A R E C A U T I O N X K H Y  
H T J P M M E N T A L H E A L T H  
X F R E L A X N W S R O H W K U K  
U H A J U J M I N D F U L N E S S  
D U G B E U M C A R E F R E E O V  
O V N M U N D E R S T A N D I N G  
X P E A C E Q S T R E S S N S K B  
D I W C M E C H I L L K N O K Y T

mental health  
Mindfulness  
hopeful  
stress  
chill

understanding  
meditation  
present  
aware  
relax

appreciative  
carefree  
caution  
peace  
calm