

Mindfulness

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

determination
flexibility
acceptance
breathing
serenity
imagery
joyful
quiet

nonjudgmental
hopefulness
meditation
gratitude
thankful
insight
listen
calm

perseverance
inspiration
relaxation
self love
thoughts
mindful
relief
hear

visualization
observation
attentive
patience
clarity
present
safety
rest

appreciation
perspective
awareness
practice
feeling
energy
focus