

Mindfulness Exercise - Word Search

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

TRANQUILITY
INCONTROL
PEACEFUL
BREATH
BEING
DOING
HOPE

MINDFULNESS
AWARENESS
STRENGTH
SERENE
HAPPY
FEEL
WALK

REJUVENATE
THOUGHTS
MINDFUL
GOALS
RELAX
TALK
REST

WELLBEING
DESTRESS
REFRESH
CHILL
MUSIC
CLAM
JOY