

Name: _____

Date: _____

Mindfulness Word Search

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

attending to relationships
radical acceptance
deep breathing
pros and cons
self soothe
validation
observe
solved
give

nonjudgmental stance
distress tolerance
mood momentum
urge surfing
life vision
wise mind
DEARMAN
please

opposite to emotion
thought stopping
build mastery
willingness
mindfulness
boundary
routine
fast