

Mindfulness



Mindfulness

Meditation

Reflection

Awareness

Accepting

Wellbeing

Feelings

Kindness

Personal

Positive

Selfcare

Thankful

Breathe

Present

Senses

Values

Focus

Relax

Love

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