

Relaxation and mindfulness

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

inner strength
acceptance
resilience
awareness
feelings

nonjudgmental
reflection
relaxation
calm down
support

mindfulness
ressources
wellbeing
selfcare