

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# mindfulness

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

prefrontal cortex  
connection  
stillness  
reactive  
stressed  
power

hippocampus  
awareness  
breathing  
decision  
mindful  
brain

reflective  
listening  
research  
amygdala  
senses  
calm