

Mindfulness

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

- MEDITATION
- SIGNALS
- SLOW
- ANXIETY
- MENTAL HEALTH
- TENSE
- EMOTIONS
- PRESENT
- NOTICE
- CONCENTRATE
- PRACTICE
- DEPRESSION
- FEELINGS
- STRATEGIES
- ADHD
- MUSCLES
- FOCUS
- MANAGE
- RELAX
- BODY SCAN
- SKILL
- AWARE
- AMYGDALA

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