|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Mindfulness

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

   mental health       aware       hopeful       understanding       present       appreciative       peace       carefree       caution       chill       meditation       relax       stress       calm       Mindfulness