Mindfulness

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

   acceptance       appreciation       attentive       awareness       breathing       calm       clarity       determination       energy       feeling       flexibility       focus       gratitude       hear       hopefulness       imagery       insight       inspiration       joyful       listen       meditation       mindful       nonjudgmental       observation       patience       perserverance       perspective       practice       present       quiet       relaxation       relief       rest       safety       self love       serenity       thankful       thoughts       visualization