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

mindfulness

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| 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 |

   awareness       research       listening       senses       stillness       reactive       reflective       power       connection       calm       decision       prefrontal cortex       amygdala       breathing       stressed       hippocampus       brain       mindful