

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

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

# Mindfulness

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

|            |          |             |               |
|------------|----------|-------------|---------------|
| accepting  | attitude | awareness   | barriers      |
| compassion | feelings | focused     | kind          |
| lifestyle  | love     | mindfulness | nonjudgmental |
| personal   | present  | reflection  | selfcare      |
| senses     | value    | wellbeing   |               |