

# Meditation and Mindfulness

## Health Word Search

Find the words hidden in the puzzle

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

**AWARENESS**

**BREATHE**

**CALM**

**CLARITY**

**CONCENTRATION**

**FOCUS**

**GRATITUDE**

**MANTRA**

**MINDFUL**

**PATIENCE**

**PEACE**

**PRESENT**

**RELAXATION**

**STILLNESS**

**TRANQUILITY**