

# Mindfulness Word Search

## Puzzle 186

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

**ANCHOR  
GENTLE  
INSIGHTFUL  
MINDFULNESS  
PURPOSE  
RELIEF  
SOOTHE  
SUPPORT**

**COMFORT  
HERE  
INTROSPECT  
MOMENT  
REFLECTION  
SENSE  
STILL  
TRANQUIL**

# Mindfulness Word Search

## Puzzle-Solution 186

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

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