

Mindfulness Word Search

Puzzle 296

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

**ACCEPTANCE
CENTER
EMPATHY
MENTAL
MINDFULNESS
RELAX
RESTORATIVE
STABLE**

**ALERT
EFFORTLESS
EQUANIMITY
MENTALITY
PERCEPTION
RELIEF
SENSATION
STEADY**

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Puzzle-Solution 296

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

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