

Mindfulness

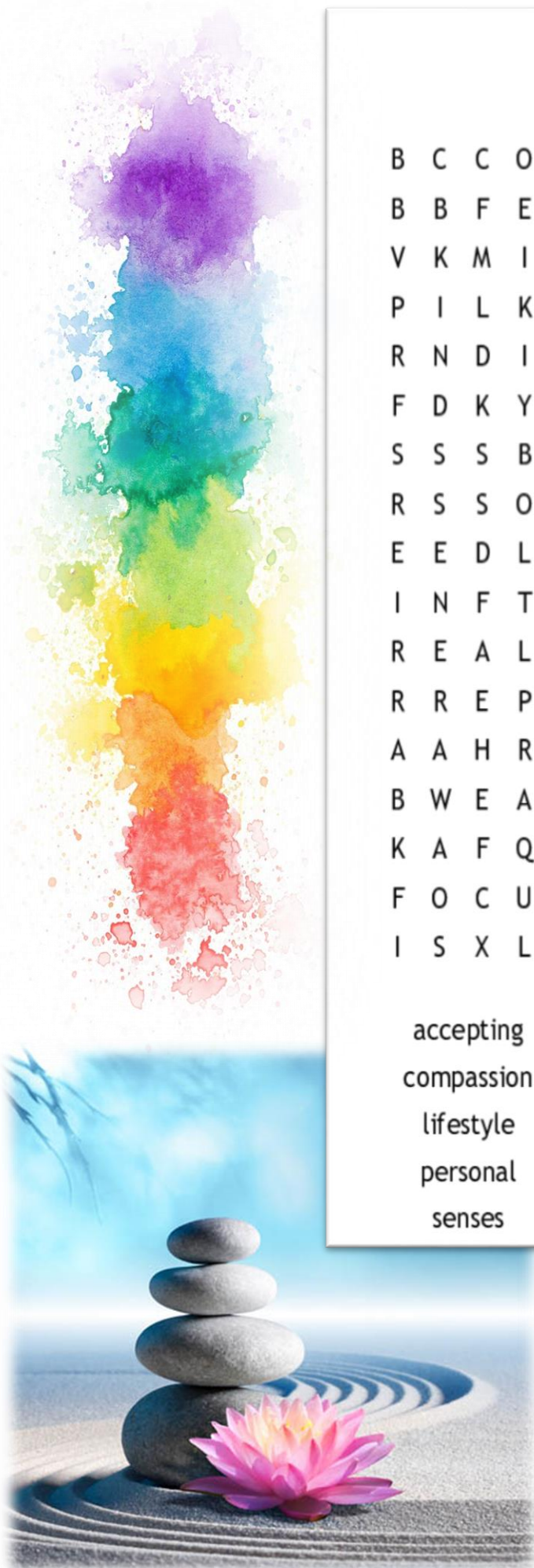
B C C O G N I E B L L E W R W S W
 B B F E E L I N G S F D H N S E A
 V K M I N D F U L N E S S O N L C
 P I L K Q X B M O E Y M R I O Y C
 R N D I U X R I D B R I G S N T E
 F D K Y F J T U P D W C C S J S P
 S S S B G C T A P S Z W Y A U E T
 R S S O E I D U E U L A V P D F I
 E E D L T J J L R I L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

Can you find all the words?

Cross them off as you go.

[Click here for some calming music](#)



Find your way through the maze from the top arrow to the bottom arrow.

