

# Mindfulness & Stress Relief Word Search for Calm

11 x 11 word search - Extreme



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

WORDS

MINDFULNESS

STRESS

RELIEF

CALM

BREATH

AWARENESS

MEDITATION

ZEN

RELAX

PEACE

SERENITY

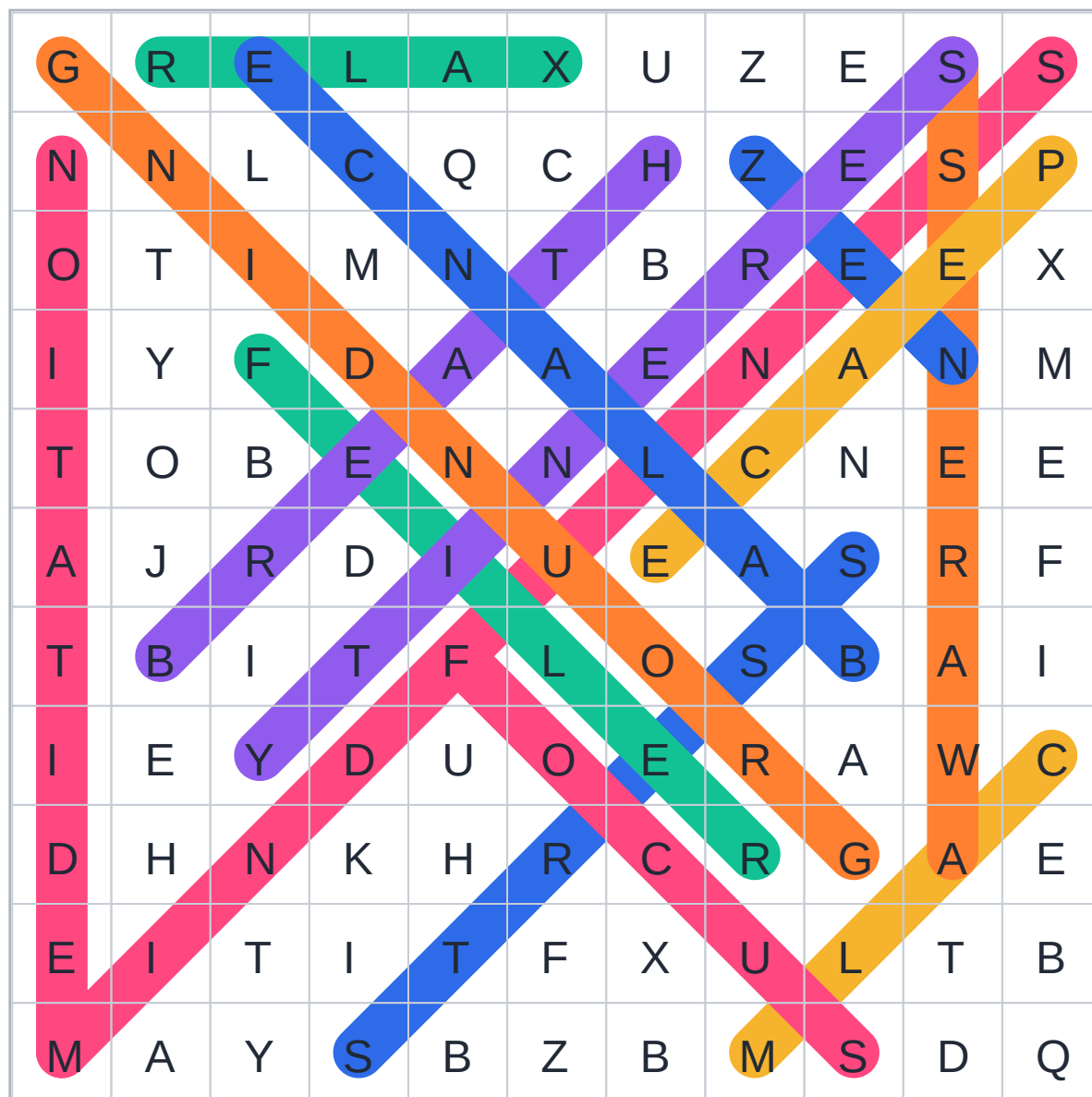
GROUNDING

FOCUS

BALANCE

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