

# Mindfulness & Stress Relief Word Search for Calm

9 x 9 word search - Medium



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

WORDS

MINDFUL

BREATHE

CALM

PEACE

ZEN

FOCUS

RELAX

AWARE

TRUST

ACCEPT

PRESENT

GROUND

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

## WORDS

- MINDFUL
- BREATHE
- CALM
- PEACE
- ZEN
- FOCUS
- RELAX
- AWARE
- TRUST
- ACCEPT
- PRESENT
- GROUND