

Mindful Wellness Word Search

Find the words. They run across or down.

Puzzle 1

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

- | | | |
|--|--|--|
| ☐ GROWTH | ☐ STEADY | ☐ SIMPLE |
| ☐ BUBBLE | ☐ RELAX | ☐ QUIET |

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Puzzle 2

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

☐ **TEAPOT**

☐ **ANCHOR**

☐ **LISTEN**

☐ **BLOOM**

☐ **DRIFT**

☐ **COOL**

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Puzzle 3

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

☐ **VISION**

☐ **NATURE**

☐ **CHEER**

☐ **FAITH**

☐ **WALK**

☐ **BATH**

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Puzzle 4

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

☐ RELIEF

☐ COUCH

☐ WHOLE

☐ YEARN

☐ LOVE

☐ NAP

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Puzzle 5

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

☐ **ACCEPT**

☐ **WARMTH**

☐ **MUSIC**

☐ **FRESH**

☐ **BLISS**

☐ **AMUSE**

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Puzzle 6

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

☐ EXHALE

☐ MUSIC

☐ LAUGH

☐ EQUAL

☐ SMILE

☐ CARE

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Puzzle 7

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

☐ ANCHOR

☐ WISDOM

☐ TASTE

☐ BALMY

☐ FLOW

☐ HEAL

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Puzzle 8

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

☐ BREATH

☐ GENTLE

☐ WATER

☐ RENEW

☐ TRUST

☐ SAUNA

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Puzzle 9

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

☐ **STEADY**

☐ **OCEAN**

☐ **PAUSE**

☐ **PURR**

☐ **WALK**

☐ **HUG**

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Puzzle 10

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

☐ DREAMY

☐ FAMILY

☐ BRAIN

☐ CLEAR

☐ VALUE

☐ MOSS