



# Mindfulness

My Concrete Dove, making your caregiving life a little bit easier.

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

acceptance	appreciation	attentive	awareness
breathing	calm	clarity	determination
energy	feeling	flexibility	focus
gratitude	hear	hopefulness	imagery
insight	inspiration	joyful	listen
meditation	mindful	nonjudgmental	observation
patience	perseverance	perspective	practice
present	quiet	relaxation	relief
rest	safety	self love	serenity
thankful	thoughts	visualization	

My sister received this wordsearch puzzle when being discharged from a hospital stay and we thought it might be helpful to others. I did not create it, just made it prettier. You can find me at [www.myconcretedove.com](http://www.myconcretedove.com) and [@myconcretedove](https://www.instagram.com/myconcretedove) on Instagram.