

Calming
Countryside
Create
Exercise
Hiking



Meditate
Positivity
Relax
Together
Wellness

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

Why not challenge yourself to find these 10
mindfulness inspired words in under 10 minutes.