

# Therapeutic Word Searches

A Collection of Mindful Activities

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## How to Use These Word Searches

# Emotions Word Search

Expanding your feelings vocabulary



Find these words:

ANGRY  
ANXIOUS  
BORED  
CALM  
CONFUSED  
CONTENT

CURIOUS  
EMBARRASSED  
EXCITED  
FRUSTRATED  
GRATEFUL  
HAPPY

HOPEFUL  
JOYFUL  
LONELY  
NERVOUS  
OVERWHELMED  
PEACEFUL

PROUD  
RELIEVED  
SAD  
SCARED  
WORRIED

Words may appear horizontally, vertically, or diagonally — forwards or backwards!

# Coping Skills Word Search

Tools for looking after yourself



Find these words:

BOUNDARIES

BREATHING

COOKING

CREATIVITY

DANCING

DRAWING

FRIENDS

GAMING

GROUNDING

JOURNALING

MINDFULNESS

MOVEMENT

MUSIC

NATURE

PETS

READING

RESTING

SINGING

SLEEP

STRETCHING

TALKING

WALKING

WRITING

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# Resilience Word Search

Words for bouncing back and growing



Find these words:

ADAPT  
BOUNCE  
BRAVE  
COURAGE  
ENDURE  
FLEXIBLE

GRIT  
GROW  
HEAL  
HOPE  
LEARN  
OVERCOME

PERSIST  
REBUILD  
RECOVER  
RISE  
STEADY  
STRENGTH

STRONG  
SUPPORT  
THRIVE  
TRANSFORM  
TRUST

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# Self-Compassion Word Search

Kind words for yourself



Find these words:

ACCEPT  
ALLOWED  
CARE  
DESERVING  
ENOUGH  
FORGIVE

GENTLE  
GROWING  
HUMAN  
IMPERFECT  
KIND  
LEARNING

LOVING  
MATTER  
OKAY  
PATIENCE  
SOFT  
TENDER

TRYING  
UNDERSTANDING  
VALID  
WARM  
WORTHY

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# Strengths Word Search

Recognising your inner resources



**Find these words:**

ADAPTABILITY  
AWARENESS  
BRAVERY  
CALM  
COMPASSION  
COURAGE

CREATIVITY  
CURIOSITY  
DETERMINATION  
EMPATHY  
FOCUS  
GRATITUDE

HONESTY  
HOPE  
HUMOUR  
KINDNESS  
LOYALTY  
PATIENCE

PERSEVERANCE  
RESILIENCE  
TRUST  
WARMTH  
WISDOM

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# Values Word Search

Reconnecting with what matters to you

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

Find these words:

ADVENTURE  
BALANCE  
CONNECTION  
CREATIVITY  
FAMILY  
FREEDOM

GROWTH  
HEALTH  
HONESTY  
INTEGRITY  
JUSTICE  
KINDNESS

LEARNING  
LOVE  
LOYALTY  
PEACE  
PURPOSE  
RESPECT

SERVICE  
SPIRITUALITY  
SUCCESS  
TRUST  
WISDOM

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# Calming Words

Soothing vocabulary for difficult moments

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

Find these words:

ANCHOR  
BREATHE  
CALM  
COMFORT  
EASE  
FLOAT

GENTLE  
GROUND  
PEACEFUL  
QUIET  
RELAX  
RELEASE

REST  
SAFE  
SERENE  
SETTLE  
SLOW  
SOFT

SOOTHE  
STEADY  
STILLNESS  
TRANQUIL  
WARM

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# Self-Care Word Search

Ways of looking after yourself



Find these words:

BATHE  
BOUNDARIES  
BREATHE  
CONNECT  
COOK  
CREATE

GARDEN  
HYDRATE  
JOURNAL  
LAUGH  
MOVE  
MUSIC

NATURE  
NOURISH  
PAUSE  
PLAY  
READ  
REST

SLEEP  
STRETCH  
TREAT  
UNPLUG  
WALK

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# Boundaries Word Search

Protecting your energy



Find these words:

BALANCE  
CHOICE  
CLEAR  
DECLINE  
DISTANCE  
EDGE

ENERGY  
ENOUGH  
FIRM  
GUARD  
HEALTHY  
LIMIT

NEED  
NO  
PAUSE  
PRESERVE  
PRIORITY  
PROTECT

RESPECT  
SAFE  
SPACE  
STOP  
VOICE

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# Recovery Word Search

Words for healing from burnout



Find these words:

EMERGE  
GENTLE  
HEAL  
PATIENCE  
REBALANCE  
REBUILD

RECHARGE  
RECLAIM  
RECONNECT  
RECOVER  
REDISCOVER  
REFLECT

REFRESH  
RELEASE  
RENEW  
REPAIR  
REPLENISH  
RESET

REST  
RESTORE  
RETURN  
REVIVE  
SLOW

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# Wellbeing Word Search

Holistic health vocabulary



Find these words:

ALIVE  
BALANCE  
CENTRED  
CONNECTION  
CONTENT  
ENERGY

FLOURISH  
GRATEFUL  
GROUNDED  
GROWTH  
HARMONY  
HEALTH

JOY  
MEANING  
MINDFUL  
NOURISH  
PEACE  
PRESENT

PURPOSE  
THRIVE  
VITALITY  
WELLNESS  
WHOLENESS

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# Permission Slips

Words you're allowed to embrace



Find these words:

ACCEPT  
ALLOW  
BOUNDARIES  
BREAK  
DELEGATE  
DONE

EASE  
ENOUGH  
GOOD  
HELP  
IMPERFECT  
LATER

LEAVE  
LET  
NO  
PAUSE  
PRIORITISE  
RELEASE

REST  
SLOW  
STOP  
WAIT  
WORTHY

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# Transformation Word Search

Embracing change and growth



Find these words:

ADAPT  
AWAKEN  
BECOME  
BLOOM  
BLOSSOM  
CHANGE

CHAPTER  
EMBRACE  
EMERGE  
EVOLVE  
EXPAND  
FLOW

GROW  
JOURNEY  
METAMORPHOSIS  
REBIRTH  
RELEASE  
RENEW

SHIFT  
THRESHOLD  
TRANSFORM  
TRANSITION  
UNFOLD

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# Wisdom Word Search

Celebrating midlife strengths



Find these words:

ACCEPTANCE  
AUTHENTIC  
CLARITY  
CONFIDENCE  
DEPTH  
DISCERNMENT

ELDER  
EXPERIENCE  
GRACE  
GUIDE  
INSIGHT  
INTUITION

KNOWING  
LEGACY  
MENTOR  
PATIENCE  
PERSPECTIVE  
POWER

SAGE  
TRUTH  
UNDERSTANDING  
VOICE  
WISDOM

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# Seasons of Life

Nature-based words for transition

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

Find these words:

AUTUMN  
BLOOM  
CYCLE  
DORMANT  
EARTH  
FLOW

FOREST  
GOLD  
HARVEST  
MOON  
MOUNTAIN  
NATURE

RELEASE  
RENEWAL  
REST  
RIVER  
ROOT  
SEASON

SEED  
SHED  
SPRING  
TIDE  
WINTER

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# Brain Superpowers

Celebrating how your mind works



Find these words:

CREATIVE  
CURIOUS  
DEEP  
DETAIL  
DIVERGENT  
ENERGETIC

GIFTED  
HONEST  
HYPERFOCUS  
INNOVATIVE  
INTENSITY  
INTUITIVE

INVENTIVE  
LATERAL  
LOYAL  
OBSERVANT  
ORIGINAL  
PASSIONATE

PATTERN  
PERCEPTIVE  
SPONTANEOUS  
THOROUGH  
UNIQUE

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# Sensory Vocabulary

Understanding your sensory world

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

Find these words:

BALANCE  
BRIGHTNESS  
CALM  
COMFORT  
COOL  
COSY

LIGHT  
MOVEMENT  
PRESSURE  
QUIET  
REGULATE  
RESET

RHYTHM  
SMELL  
SOFT  
SOUND  
SPACE  
STILLNESS

TASTE  
TEXTURE  
TOUCH  
VOLUME  
WARM

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# Self-Advocacy & Identity

Words for understanding and expressing your needs



Find these words:

ACCEPTANCE  
ACCOMMODATE  
ADVOCATE  
AFFIRM  
AUTHENTIC  
BELONG

BOUNDARIES  
COMMUNICATE  
COMMUNITY  
DIFFERENT  
EXPRESS  
IDENTITY

INCLUDED  
NEEDS  
PROUD  
RESPECT  
RIGHTS  
SUPPORT

UNDERSTANDING  
UNIQUE  
UNMASK  
VALID  
VOICE

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