

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	CURIOS	HOPEFUL	PROUD
ANXIOUS	EMBARRASSED	JOYFUL	RELIEVED
BORED	EXCITED	LONELY	SAD
CALM	FRUSTRATED	NERVOUS	SCARED
CONFUSED	GRATEFUL	OVERWHELMED	WORRIED
CONTENT	HAPPY	PEACEFUL	

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

Coping Skills Word Search

Tools for looking after yourself



Find these words:

BOUNDARIES	FRIENDS	MUSIC	SLEEP
BREATHING	GAMING	NATURE	STRETCHING
COOKING	GROUNDING	PETS	TALKING
CREATIVITY	JOURNALING	READING	WALKING
DANCING	MINDFULNESS	RESTING	WRITING
DRAWING	MOVEMENT	SINGING	

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Resilience Word Search

Words for bouncing back and growing



Find these words:

ADAPT	GRIT	PERSIST	STRONG
BOUNCE	GROW	REBUILD	SUPPORT
BRAVE	HEAL	RECOVER	THRIVE
COURAGE	HOPE	RISE	TRANSFORM
ENDURE	LEARN	STEADY	TRUST
FLEXIBLE	OVERCOME	STRENGTH	

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Self-Compassion Word Search

Kind words for yourself



Find these words:

ACCEPT	GENTLE	LOVING	TRYING
ALLOWED	GROWING	MATTER	UNDERSTANDING
CARE	HUMAN	OKAY	VALID
DESERVING	IMPERFECT	PATIENCE	WARM
ENOUGH	KIND	SOFT	WORTHY
FORGIVE	LEARNING	TENDER	

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Strengths Word Search

Recognising your inner resources



Find these words:

ADAPTABILITY	CREATIVITY	HONESTY	PERSEVERANCE
AWARENESS	CURIOSITY	HOPE	RESILIENCE
BRAVERY	DETERMINATION	HUMOUR	TRUST
CALM	EMPATHY	KINDNESS	WARMTH
COMPASSION	FOCUS	LOYALTY	WISDOM
COURAGE	GRATITUDE	PATIENCE	

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Values Word Search

Reconnecting with what matters to you



Find these words:

ADVENTURE	GROWTH	LEARNING	SERVICE
BALANCE	HEALTH	LOVE	SPIRITUALITY
CONNECTION	HONESTY	LOYALTY	SUCCESS
CREATIVITY	INTEGRITY	PEACE	TRUST
FAMILY	JUSTICE	PURPOSE	WISDOM
FREEDOM	KINDNESS	RESPECT	

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Calming Words

Soothing vocabulary for difficult moments



Find these words:

ANCHOR	GENTLE	REST	SOOTHE
BREATHE	GROUND	SAFE	STEADY
CALM	PEACEFUL	SERENE	STILLNESS
COMFORT	QUIET	SETTLE	TRANQUIL
EASE	RELAX	SLOW	WARM
FLOAT	RELEASE	SOFT	

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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	ENERGY	NEED	RESPECT
CHOICE	ENOUGH	NO	SAFE
CLEAR	FIRM	PAUSE	SPACE
DECLINE	GUARD	PRESERVE	STOP
DISTANCE	HEALTHY	PRIORITY	VOICE
EDGE	LIMIT	PROTECT	

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Recovery Word Search

Words for healing from burnout



Find these words:

EMERGE	RECHARGE	REFRESH	REST
GENTLE	RECLAIM	RELEASE	RESTORE
HEAL	RECONNECT	RENEW	RETURN
PATIENCE	RECOVER	REPAIR	REVIVE
REBALANCE	REDISCOVER	REPLENISH	SLOW
REBUILD	REFLECT	RESET	

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Wellbeing Word Search

Holistic health vocabulary



Find these words:

ALIVE	FLOURISH	JOY	PURPOSE
BALANCE	GRATEFUL	MEANING	THRIVE
CENTRED	GROUNDED	MINDFUL	VITALITY
CONNECTION	GROWTH	NOURISH	WELLNESS
CONTENT	HARMONY	PEACE	WHOLENESS
ENERGY	HEALTH	PRESENT	

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Permission Slips

Words you're allowed to embrace



Find these words:

ACCEPT	EASE	LEAVE	REST
ALLOW	ENOUGH	LET	SLOW
BOUNDARIES	GOOD	NO	STOP
BREAK	HELP	PAUSE	WAIT
DELEGATE	IMPERFECT	PRIORITISE	WORTHY
DONE	LATER	RELEASE	

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Transformation Word Search

Embracing change and growth



Find these words:

ADAPT	CHAPTER	GROW	SHIFT
AWAKEN	EMBRACE	JOURNEY	THRESHOLD
BECOME	EMERGE	METAMORPHOSIS	TRANSFORM
BLOOM	EVOLVE	REBIRTH	TRANSITION
BLOSSOM	EXPAND	RELEASE	UNFOLD
CHANGE	FLOW	RENEW	

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Wisdom Word Search

Celebrating midlife strengths



Find these words:

ACCEPTANCE	ELDER	KNOWING	SAGE
AUTHENTIC	EXPERIENCE	LEGACY	TRUTH
CLARITY	GRACE	MENTOR	UNDERSTANDING
CONFIDENCE	GUIDE	PATIENCE	VOICE
DEPTH	INSIGHT	PERSPECTIVE	WISDOM
DISCERNMENT	INTUITION	POWER	

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Seasons of Life

Nature-based words for transition



Find these words:

AUTUMN

FOREST

RELEASE

SEED

BLOOM

GOLD

RENEWAL

SHED

CYCLE

HARVEST

REST

SPRING

DORMANT

MOON

RIVER

TIDE

EARTH

MOUNTAIN

ROOT

WINTER

FLOW

NATURE

SEASON

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Brain Superpowers

Celebrating how your mind works



Find these words:

CREATIVE	GIFTED	INVENTIVE	PATTERN
CURIOS	HONEST	LATERAL	PERCEPTIVE
DEEP	HYPERFOCUS	LOYAL	SPONTANEOUS
DETAIL	INNOVATIVE	OBSERVANT	THOROUGH
DIVERGENT	INTENSITY	ORIGINAL	UNIQUE
ENERGETIC	INTUITIVE	PASSIONATE	

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Sensory Vocabulary

Understanding your sensory world



Find these words:

BALANCE	LIGHT	RHYTHM	TASTE
BRIGHTNESS	MOVEMENT	SMELL	TEXTURE
CALM	PRESSURE	SOFT	TOUCH
COMFORT	QUIET	SOUND	VOLUME
COOL	REGULATE	SPACE	WARM
COSY	RESET	STILLNESS	

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Self-Advocacy & Identity

Words for understanding and expressing your needs



Find these words:

ACCEPTANCE	BOUNDARIES	INCLUDED	UNDERSTANDING
ACCOMMODATE	COMMUNICATE	NEEDS	UNIQUE
ADVOCATE	COMMUNITY	PROUD	UNMASK
AFFIRM	DIFFERENT	RESPECT	VALID
AUTHENTIC	EXPRESS	RIGHTS	VOICE
BELONG	IDENTITY	SUPPORT	

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