

FIND THE WORD YOU NEED TODAY

Anxiety

Don't overthink it. Let your eyes move across the letters and notice which meaningful word finds you first.

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

Words hidden in the puzzle: BREATHE · PAUSE · SAFE · REST · SPACE · GROUND · SLOW · RELEASE · TRUST · QUIET · SUPPORT · ENOUGH · KINDNESS · HERE · CALM · GENTLE · ACCEPT · NOTICE · PRESENT · CHOICE

You do not need to finish the puzzle. This is not about getting every answer right. The first word that stands out may be enough for today.

Space to Breathe Therapy

YOUR WORD FOR TODAY

Sometimes anxiety pulls attention towards everything that might happen next. This page gently brings attention back to what you may need now.

My word today is:

Why might this word have caught my attention?

What do I need right now?

Bring it down to the next hour. You do not have to solve tomorrow. If your word was REST, perhaps it means five quiet minutes. If it was SUPPORT, perhaps it means sending one message. If it was BREATHE, perhaps it means slowing your breathing before doing the next thing.

Space to Breathe Therapy

A MESSAGE FROM MAGGIE

Anxiety can make everything feel urgent. Thoughts can race ahead, the body can become tense or unsettled, and even small decisions can begin to feel much bigger than they normally would.

This word search is deliberately different from a puzzle you have to complete. There is no score and there is no 'right' word to find. I want you to notice what catches your attention. Sometimes a simple word can give us a way into a feeling that has been difficult to explain.

If the word you notice is **SAFE**, you might ask what would help your body feel a little safer. If it is **SPACE**, perhaps you have been carrying too much. If it is **ENOUGH**, perhaps you need permission to stop pushing. If it is **CHOICE**, perhaps anxiety has made you feel trapped and you need to remember that small choices still belong to you.

You can return to this page on another day. You may notice a completely different word, because what we need changes. The aim is not to make anxiety disappear. It is to create a small moment in which you can hear yourself underneath the noise.

Use this gently. If a word brings up something difficult, you do not have to explore it immediately. Put the page down, ground yourself in your surroundings, and come back only if and when it feels useful.

Maggie

Space to Breathe Therapy

A small check-in

Right now I notice: _____

One thing that may help: _____

One person or place I can turn to: _____