

How to Train Your Amygdala: Word Search

Find the words in the list.

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

Word Bank

AMYGDALA

ALARM

FREEZE

PROTECT

DANGER

SENSITIVE

RELAX

CALM

Answer Key

D R
A A E
N L L C
A M Y G D A L A
F R E E Z E X R L
R M
S E N S I T I V E
P R O T E C T