
How to Train Your Amygdala: Word Search

Find the words in the list.

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

Word Bank

AMYGDALA

ALARM

FREEZE

PROTECT

DANGER

SENSITIVE

RELAX

CALM

Answer Key

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