

How to Train Your Amygdala: Word Search

Find the words in the list.

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

Word Bank

AMYGDALA

ALARM

FREEZE

PROTECT

DANGER

SENSITIVE

RELAX

CALM

Answer Key

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