

## How to Train Your Amygdala: Word Search

Find the words in the list.

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

### Word Bank

**AMYGDALA**

**ALARM**

**FREEZE**

**PROTECT**

**DANGER**

**SENSITIVE**

**RELAX**

**CALM**

# Answer Key

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