

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Hertford House

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

hertford house  
compassion  
self care  
takeaway  
doctor  
food

activity room  
relaxation  
cleaning  
bedroom  
snacks  
kind

connections  
ward round  
exercise  
cooking  
goals  
rest

dining room  
listening  
recovery  
respect  
nurse

mindfulness  
sail flat  
shopping  
caring  
sleep