

SELFCARE YOU NEED WRITE NOW

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

FORGIVENESS	MEDITATION	EXERCISE	MASSAGE
FRUITS	DANCE	HOBBY	LAUGH
LETGO	MOVIE	MUSIC	SLEEP
WATER	COOK	SHOP	SWIM
WALK	YOGA	RUN	SPA