

SELF CARE WORD SEARCH

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

TREAT YOURSELF
STAY HYDRATED
PRIORITIZE
EXERCISE
PRAYER
PURGE

GET ORGANIZED
BALANCE DIET
RELAXATION
BREATHE
SAY NO
SLEEP

LOVE YOURSELF
MEDITATION
SLOW DOWN
SILENCE
LAUGH
SMILE