

Name: _____

Date: _____

Self-Care

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

encouragement
journaling
quiettime
exercise
unplug
play

forgiveness
compliment
listening
therapy
sleep

affirmation
boundaries
gratitude
balance
yoga

mindfulness
volunteer
routines
believe
read