

Name: _____

Date: _____

Self-Care

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

Hang out with friends

Spend time in nature

Mindfulness

Exercise

Meditate

Breathe

Colour

Create

Movie

Dance

Read

Sing

Cook

Play

Sex