

Self-Care

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

well being
support
eating
Soul

pampering
hobbies
social
Body

exercise
healthy
sleep
Mind