

Name: _____

Date: _____

Self-Care Awareness

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

responsible

activities

expectancy

management

recognise

worldwide

lifestyle

benefits

promote

program

monitor

healthy

system

longer