

Name: _____

Date: _____

Self-Care Awareness

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

Healthy Eating
Self-Respect
Awareness
Therapy
Paint

Communication
Compassion
Exercise
Support
Relax

Love Yourself
Lifestyle
Connect
Health
Sleep