

Self-Care

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

Accountability	Development	Mindfulness	Management
Acceptable	Awareness	Positive	Hygiene
Support	Comfort	Process	Relief
Humble	Sleep	Relax	Value
Love	Plan		