

Name: _____

Date: _____

Self-Care

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

- | | | | | |
|-------------|------------|------------|-----------|-----------|
| nature walk | play games | television | volunteer | magazines |
| day trip | massages | meditate | exercise | reflect |
| movies | shower | laugh | dance | paint |
| write | sing | cook | yoga | read |
| walk | bath | nap | Tea | |