

Name: _____

Date: _____

Self Care

O K I B F I T F J P J W O E C A F 2 F R C C K K
2 F 1 F U 2 H L G L Y T I L I B A T N U O C C A
R L F S D T L J N E R D E E P B R E A T H I N G
Y W E 1 F M 1 J I H O 1 D 1 T 2 A B 2 2 H M G A
N K P 1 K S W J K R K N Y B Y A U G J 1 G P D 1
T J P A H S T H L O E M I B G 2 M W H I M 2 P C
T E P U Y F H A A F J R H J 2 G F O S Y C L O L
R K N U R E D G W G S P K 1 G M F I P C F G T P
W C H B E F C U B N T E L 2 K W P T E M U O A K
U U H I D K 1 2 A I 1 R I I N W U T T J B A R I
G T H L N 1 2 G P K U F T I H K B W S J R 1 U S
J M S E F G D A F S J A F A R W R T 2 2 2 K U O
D Y D D N F F W 1 A A S 2 W 2 Y U J 1 S G C W C
T U M 2 K L 2 H P I M H 1 P O E J W 2 N I E P I
K R R W M E E T I N G S J K H R O 1 I G Y C L A
H C U O U H F H C G Y U D 1 K K K L G H A P H L
J C B T S H G P J N T P L T U F A F N D W S M S
L B I G H N T S C I G T I 2 W N A S J N C I H U
Y S K P B F O S N K Y L N L R F T R U B P I I P
U R J J S 1 U P W L J 1 I U J P N P H C L 2 2 P
P K L K L R C L S A U D O J F O W O 2 Y C G K O
M A B S I T F H P T E J A H D H 2 T L B G D G R
R H R C F C I S U M O T N E T S I L F M L T H T
Y K P S E I B B O H G H J L D F G I E D W 2 P S

asking for help
accountability
12 Steps
sponsor
walking

social supports
deep breathing
truthful
talking
work

listen to music
journaling
meetings
hobbies