

Name: _____

Date: _____

Self Care

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

self-reflection

bubble baths

vegetables

medication

spiritual

nutrition

meditate

exercise

drugfree

meetings

sponsor

helpful

hobbies

journal

therapy

say no

movies

garden

shower

dance

goals

water

sober

pray

sing

yoga

read

swim

hike

rest