

Self Care

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

SELF CARE

MONMOUTH

MINDFUL

RELAX

COUNSELOR

RECHARGE

HEALTH

LAUGH

CHECK IN

BREATHE

SLEEP

SUN