

Self Care word Search!

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

mindfulness meditation

positivity

relaxation

shopping

sunshine

comfort

spa day

support

unplug

laugh

music

sleep

love