

Name: \_\_\_\_\_

# Self Care Word Search

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

Develop a new hobby  
Focus on you  
Relaxation  
Slow down  
Silence  
Sleep

Love on yourself  
Get healthy  
Prioritize  
Exercise  
Say no  
Smile

Balance diet  
Drink water  
Meditation  
Breathe  
Prayer  
Laugh