

Name: _____

Date: _____

Self Care

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

QUALITY RELATIONSHIPS
KEEP A JOURNAL
BUBBLE BATHS
GOOD EATS
EXERCISE
NAPPING

PROBLEM RESOLUTION
FUN ACTIVITIES
MEDITATION
OPTIMISM
HOBBIES
MASSAGE

TIME IN NATURE
SETTING GOALS
RELAXATION
COLORING
READING
TALKING