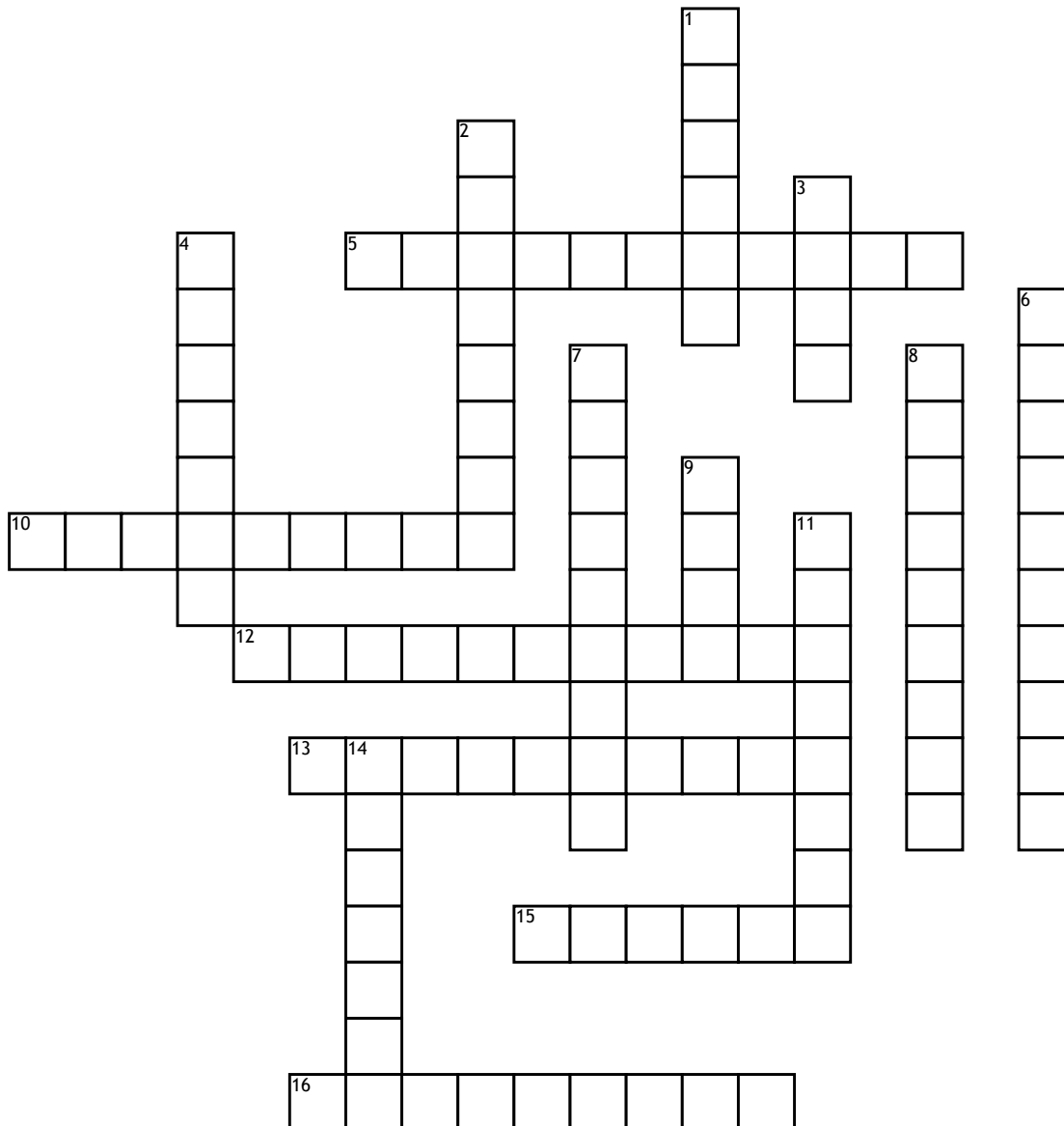


Name: _____

Date: _____

Self care



Across

- 5. the quality or state of being conscious or aware of something
- 10. knowledge or perception of a situation or fact
- 12. the surroundings or conditions in which a person, animal, or plant lives or operates
- 13. the process or fact of being received as adequate, valid, or suitable
- 15. an act of choosing between two or more possibilities
- 16. the action of dealing with or taking special care of someone or something

Down

- 1. having or showing a mild, kind, or tender temperament or character
- 2. the quality of being friendly, generous, and considerate
- 3. cease work or movement in order to relax, sleep, or recover strength
- 4. give assistance to
- 6. determine the order for dealing with (a series of items or tasks) according to their relative importance

- 7. a group of people living in the same place or having a particular characteristic in common
- 8. a strong desire to know or learn something
- 9. absence of difficulty or effort
- 11. the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious
- 14. a state of physical ease and freedom from pain or constraint