

September is for Self-Care

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

Reduce Stress Mindfulness Meditation Rejuvenate Relaxation
Emotional Fresh Air Nutrition Self-Care Self-Love
Serotonin Volunteer Exercise Healing Journal
Respect Health Focus Sleep Read
Yoga