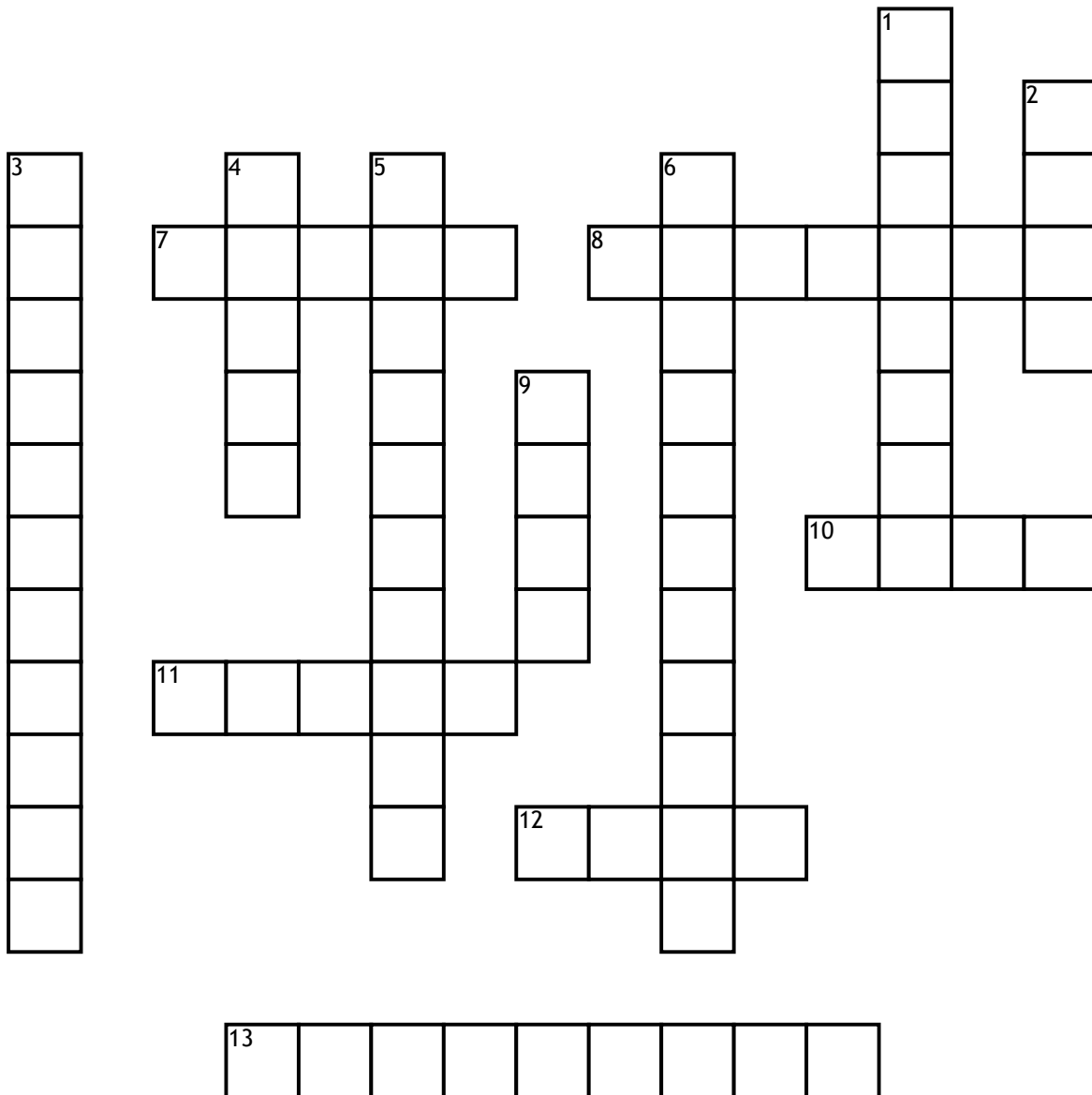


Self Care Crossword



Across

7. Drink 8 glasses of this a day
 8. Focus on what you can _____
 10. It is okay to ask for _____
 11. Listening to this can improve your mood
 12. Read a _____

13. Do this to communicate with friends and family while social distancing

Down

1. It is important to do this for your physical and mental health
 2. Go for a _____
 3. A way to be in the present

4. Do this when listening to music
 5. Deep breathing is a way to promote
 6. Something that you eat that reminds you of childhood
 9. Watch your favorite _____