

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

# self care

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

resilience	visualise	gratitude	kindness	exercise	mindset
connect	believe	exhale	nature	active	sleep
dream	peace	quiet	share	open	help
feel	love	yoga	time	care	talk
use	Zen	joy	eat		