

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

Date: \_\_\_\_\_

# self care words

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

grounding techniques  
socializing  
crafting  
exercise  
spa day  
reading  
sports  
sleep

stress reduction  
walking dog  
knitting  
coloring  
hobbies  
travel  
movies  
play

healthy eating  
relaxation  
vacation  
camping  
singing  
family  
games

bubble baths  
journaling  
laughter  
cooking  
friends  
picnic  
music