|  |
| --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Self Care Word Search

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

   Love on yourself       Develop a new hobby       Balance diet       Slow down       Breathe       Silence       Sleep       Relaxation       Say no       Smile       Get healthy       Laugh       Focus on you       Prioritize       Exercise       Drink water       Meditation       Prayer