Self Care

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

   draw       read a book       watch a movie       ask for help       bubble bath       Drink water       eat       listen to music       Sleep       take a break