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

Self Care

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 1B |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  O |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 2F |  O |  O |  D |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  K |  |  |  |  |  |  |  |
|  |  |  |  | 3J |  |  |  |  |  | 4A |  |  |  |  |  |  |  |  |  |
|  |  | 5C |  R |  O |  S |  S | 6W |  O |  R |  D |  | 7F |  |  |  | 8M |  | 9A |  |
|  |  |  |  |  U |  |  |  A |  |  |  V |  |  R |  | 10R |  |  U |  |  N |  |
|  |  |  |  |  R |  |  |  L |  | 11R |  E |  C |  I |  P |  E |  |  S |  |  Y |  |
|  |  |  |  |  N |  |  |  K |  |  |  N |  |  E |  |  L |  |  I |  |  A |  |
|  |  |  | 12B |  A |  T |  H |  |  |  |  T |  |  N |  |  A |  |  C |  |  |  |
|  |  |  |  |  L |  |  |  |  |  |  U |  |  D |  |  X |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  R |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 13B |  R |  E |  A | 14T |  H |  S |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  E |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****2.** Eat Comfort**5.** Do a **11.** Try a new**12.** Enjoy a bubble**13.** Deep | **Down****1.** Read a**3.** Keep a **4.** Go On An**6.** Go For A**7.** Text a**8.** Listen to **9.** Snuggle A Certain Duchess**10.** Make Sure To**14.** Make A Cup Of |