

# SELF-CARE WORD SEARCH

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

AROMATHERAPY

MEDITATION

WELLBEING

RECOVERY

MASSAGE

SUPPORT

SLEEP

RELAX

YOGA

POSITIVITY

SPOONS

NATURE

