

Self Care

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

support system
eating meals
medicine
shower
sleep

talk to others
fresh air
groups
music

appointments
exercise
cloths
smile