

# Self Care Word Search

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

Social media silence  
Gratitude  
Meditate  
Journal  
Me time  
Sleep  
Wine  
Eat

personal care  
self love  
Pedicure  
workout  
Coffee  
Hobby  
Love

Bubble bath  
Exercise  
Hydrate  
Restore  
Laugh  
Yoga  
Nap