

Name: _____

Date: _____

postpartum health

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

watch documentaries
take a bath
restore
color
pray
read

eat raw foods
drink tea
breath
write
draw
sing

ask for help
meditate
paint
relax
feel
nap