

Name: _____

Date: _____

Self Care

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

DISCONNECT FROM SOCIAL MEDIA
GO ON AN ADVENTURE
DEEP BREATHING
ASK FOR HELP
TAKE A BREAK
MEDITATION
SWIMMING
MASSAGE
COLOUR
DANCE
yoga

ADJUSTING ENVIORNMENT
TRY A NEW ACTIVITY
HEALTHY EATING
GOAL SETTING
WATCH MOVIES
OWN NEEDS
WALK DOG
STRETCH
Family
LAUGH

BOOSTS IMMUNE SYSTEM
FOCUS ON YOURSELF
JUDGEMENT FREE
INDEPENDENCE
BUBBLE BATH
EXERCISE
FRIENDS
SUPPORT
REFUEL
MUSIC

THINK ABOUT YOURSELF
MORE PRODUCTIVE
MENTAL HEALTH
SLOWING DOWN
DO A PUZZLE
KINDNESS
JOURNAL
WORKOUT
SPORTS
HIKE