

Name: _____

Date: _____

SELF CARE

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

Listening to music

exercising

positivity

organizing

self care

self love

facemasks

happiness

meditate

relaxing

sleeping

planning

isolate

candles

reading

friends

hobbies

Running

movies