

Self Care

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

listen to music

watch a movie

ask for help

take a break

read a book

bubble bath

Drink water

Sleep

draw

eat