

Name: _____

Date: _____

SELF CARE

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

Acceptable	Accountability	Awareness	Calm
Comfort	Confidence	Courage	Focus
Humble	Hygiene	Independent	Love
Management	Memory	Mindfulness	Plan
relaxation	Respect	Self Image	Selfcare
Shower	Sleep	Social	Supporting
Trusting	Value		