

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