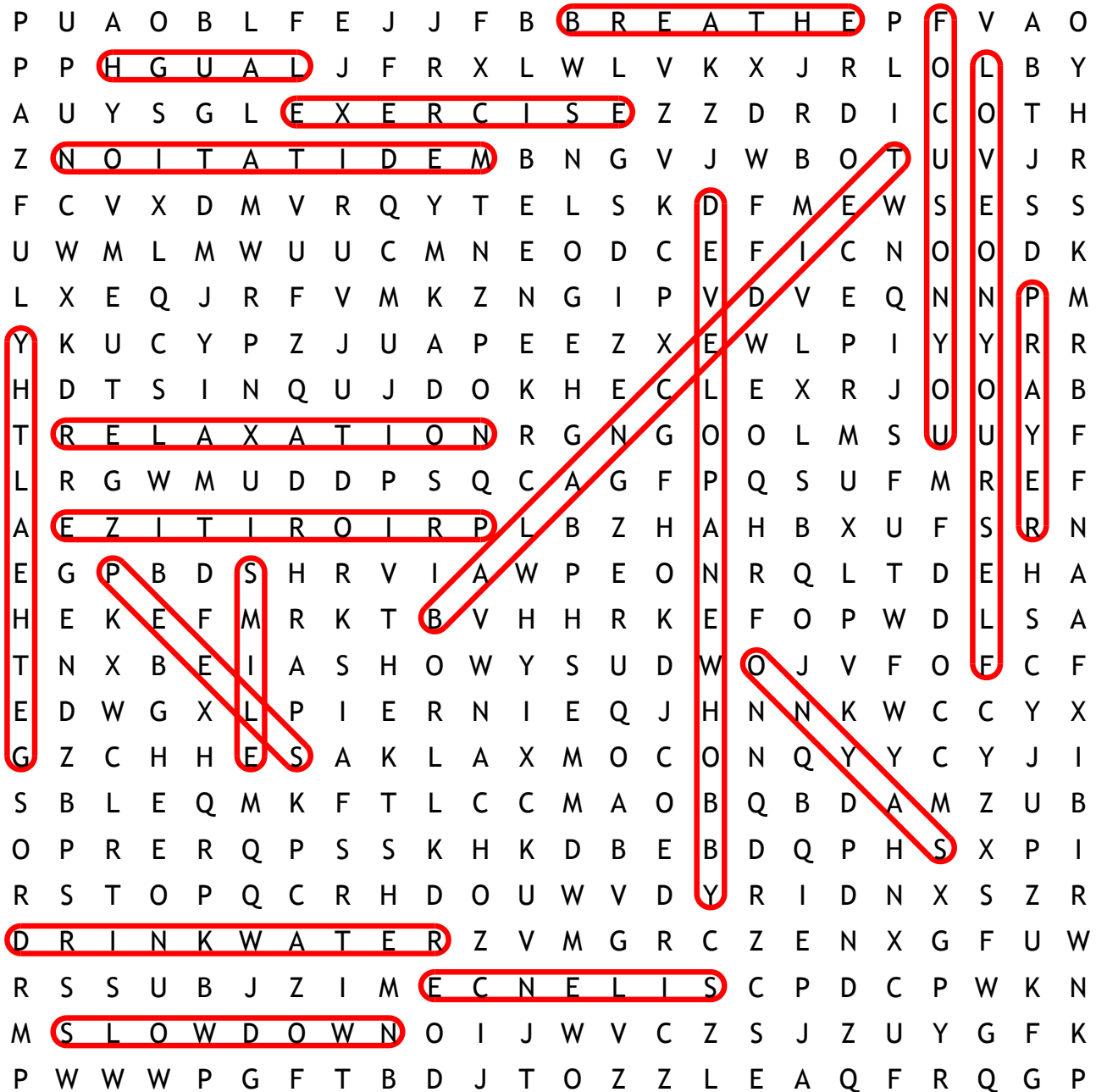


Name: _____

Self Care Word Search



Develop a new hobby
Focus on you
Relaxation
Slow down
Silence
Sleep

Love on yourself
Get healthy
Prioritize
Exercise
Say no
Smile

Balance diet
Drink water
Meditation
Breathe
Prayer
Laugh