

# Selfcare Word Search

## Puzzle 3

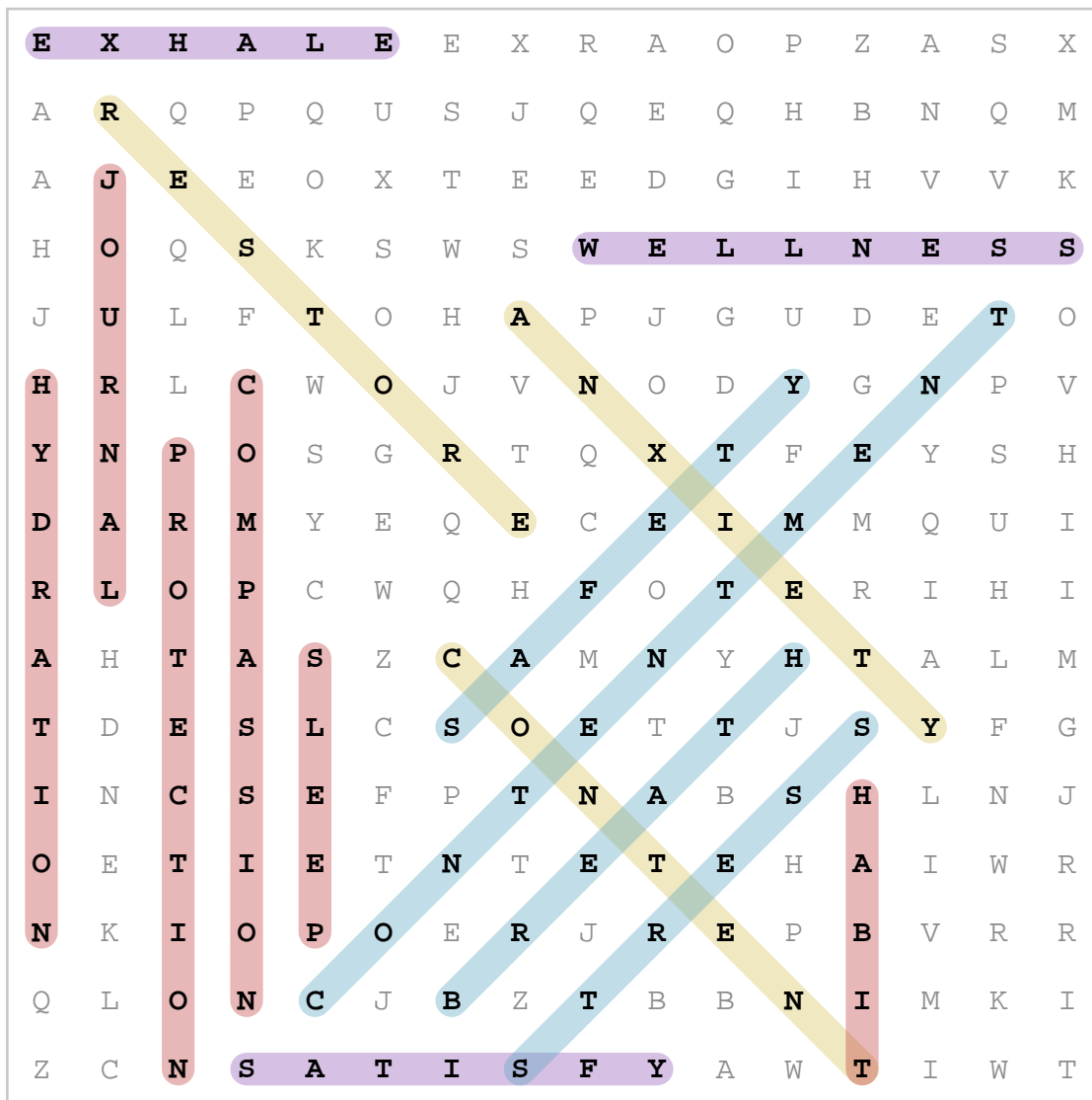
E	X	H	A	L	E	E	X	R	A	O	P	Z	A	S	X
A	R	Q	P	Q	U	S	J	Q	E	Q	H	B	N	Q	M
A	J	E	E	O	X	T	E	E	D	G	I	H	V	V	K
H	O	Q	S	K	S	W	S	W	E	L	L	N	E	S	S
J	U	L	F	T	O	H	A	P	J	G	U	D	E	T	O
H	R	L	C	W	O	J	V	N	O	D	Y	G	N	P	V
Y	N	P	O	S	G	R	T	Q	X	T	F	E	Y	S	H
D	A	R	M	Y	E	Q	E	C	E	I	M	M	Q	U	I
R	L	O	P	C	W	Q	H	F	O	T	E	R	I	H	I
A	H	T	A	S	Z	C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

ANXIETY  
COMPASSION  
CONTENTMENT  
HABIT  
JOURNAL  
RESTORE  
SATISFY  
STRESS

BREATH  
CONTENT  
EXHALE  
HYDRATION  
PROTECTION  
SAFETY  
SLEEP  
WELLNESS

# Selfcare Word Search

## Puzzle-Solution 3



**ANXIETY**  
**COMPASSION**  
**CONTENTMENT**  
**HABIT**  
**JOURNAL**  
**RESTORE**  
**SATISFY**  
**STRESS**

**BREATH**  
**CONTENT**  
**EXHALE**  
**HYDRATION**  
**PROTECTION**  
**SAFETY**  
**SLEEP**  
**WELLNESS**