

Selfcare Word Search

Puzzle 1

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

**AMBIENCE
CALMNESS
FRIENDSHIP
MUSIC
NUTRITION
POSTURE
RELAXATION
TOLERANCE**

**ATTENTION
FREEDOM
LIGHTNESS
NATURE
PATIENCE
PROTECTION
SUPPORT
WELLNESS**

Selfcare Word Search

Puzzle-Solution 1

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

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