

# Selfcare Word Search

## Puzzle 13

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

**ANXIETY  
BALANCE  
CRAFT  
LIGHTNESS  
PARDON  
RECHARGE  
SATISFY  
TOLERANCE**

**ASPIRATION  
CALMNESS  
HOBBY  
OBSERVATION  
PLANNER  
RELAXATION  
SHOWER  
UNDERSTAND**

# Selfcare Word Search

## Puzzle-Solution 13

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

**ANXIETY**  
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