

Selfcare Word Search

Puzzle 15

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

CHECKLIST
DELIGHT
INHALE
PAUSE
RECHARGE
SLEEP
SLUMBER
VISUALIZE

CLARITY
EASE
JOY
PRESENCE
RELAXATION
SLOWDOWN
TOLERANCE
WALK

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Puzzle-Solution 15

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

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