

# Selfcare Word Search

## Puzzle 36

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

**ATTENTION  
CRAFT  
HYDRATION  
POSTURE  
RECHARGE  
RHYTHM  
SATISFY  
TOLERANCE**

**BEDTIME  
GROUND  
MINIMAL  
PURPOSE  
RELIEF  
ROUTINE  
SHOWER  
UNDERSTAND**

# Selfcare Word Search

## Puzzle-Solution 36

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

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