

# Selfcare Word Search

## Puzzle 59

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

**AFFECT  
CHECKLIST  
EASE  
FATIGUE  
MELODY  
SATISFY  
SUNLIGHT  
VISUALIZE**

**APPRECIATION  
DIRECTION  
EXPRESSION  
HAPPINESS  
RELIEF  
SOFTNESS  
SUPPORT  
WHOLESOME**

# Selfcare Word Search

## Puzzle-Solution 59

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

**AFFECT**  
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