

Selfcare Word Search

Puzzle 75

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

**AFFECT
AROMA
CRAFT
EXHALE
FREEDOM
MANTRA
RESILIENCE
SHOWER**

**AFFIRMATION
AWARENESS
EMPATHY
FOREST
INTROSPECT
REFLECTION
RITUAL
YOGA**

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Puzzle-Solution 75

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

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