

Selfcare Word Search

Puzzle 109

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

ACCEPTANCE
COMFORT
COMPOSURE
CONTENTMENT
GROUND
SOOTHE
SUPPORT
TRACKER

ASPIRATION
COMPASSION
CONFIDENCE
COURAGE
SLOWDOWN
STRESS
TOLERANCE
WORRY

Selfcare Word Search

Puzzle-Solution 109

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

**ACCEPTANCE
COMFORT
COMPOSURE
CONTENTMENT
GROUND
SOOTHE
SUPPORT
TRACKER**

**ASPIRATION
COMPASSION
CONFIDENCE
COURAGE
SLOWDOWN
STRESS
TOLERANCE
WORRY**