

# Selfcare Word Search

## Puzzle 144

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

**AFFIRMATION  
CHECKLIST  
FRIENDSHIP  
MELODY  
PAUSE  
PRESSURE  
SILENCE  
WATER**

**BURNOUT  
CONNECTION  
INTENT  
NOURISH  
POSTURE  
RELAX  
STRUCTURE  
WELLNESS**

# Selfcare Word Search

## Puzzle-Solution 144

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

**AFFIRMATION**  
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