

Selfcare Word Search

Puzzle 153

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

**ANXIETY
BOUNDARY
CENTER
INHALE
LIGHTNESS
PLEASURE
STEADINESS
VISUALIZE**

**BELONG
CALMNESS
GOAL
JOURNAL
MOOD
SCHEDULE
STEAM
WORRY**

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Puzzle-Solution 153

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

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