

Selfcare Word Search

Puzzle 166

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

**ALIGNMENT
CALM
COMPASSION
HAPPINESS
JOY
SAFETY
SLUMBER
UNDERSTAND**

**ANXIETY
CENTER
EXPRESSION
INTENTION
PAUSE
SILENCE
STEAM
WALK**

Selfcare Word Search

Puzzle-Solution 166

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

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