

# Selfcare Word Search

## Puzzle 183

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

**APPRECIATION  
BEACH  
COMPASSION  
DIRECTION  
HOBBY  
OUTDOOR  
TIME  
VISUALIZE**

**ATTENTION  
CALM  
CONTENT  
EMPATHY  
NUTRITION  
RELAX  
UNDERSTAND  
WALK**

# Selfcare Word Search

## Puzzle-Solution 183

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

**APPRECIATION**  
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