

Selfcare Word Search

Puzzle 191

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

**ANXIETY
CHECKLIST
CONTENT
EMPATHY
FOUNDATION
MOBILITY
PRESENCE
TIME**

**BURNOUT
COMMUNITY
EASE
FORGIVENESS
HOBBY
PAUSE
RELAX
WATER**

Selfcare Word Search

Puzzle-Solution 191

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

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