

# Selfcare Word Search

## Puzzle 220

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

**AFFECT  
BREATH  
CREATIVITY  
HAPPINESS  
INHALE  
MINDFULNESS  
STRESS  
TENDERNESS**

**AFFIRMATION  
CRAFT  
EASE  
HARMONY  
JOY  
OCEAN  
STRETCH  
WHOLESOME**

# Selfcare Word Search

## Puzzle-Solution 220

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

**AFFECT**  
**BREATH**  
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