

# Selfcare Word Search

## Puzzle 221

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

**ACCEPTANCE**  
**BELONG**  
**HYDRATION**  
**MOOD**  
**RELAXATION**  
**SCHEDULE**  
**SOFTNESS**  
**WALK**

**APPRECIATION**  
**CANDLE**  
**KINDNESS**  
**RECOVERY**  
**SAFETY**  
**SOAK**  
**STRUCTURE**  
**WARMTH**

# Selfcare Word Search

## Puzzle-Solution 221

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

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