

Selfcare Word Search

Puzzle 230

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

ACCEPTANCE
CALM
EXHALE
FOUNDATION
JOURNAL
MUSIC
RHYTHM
STRUCTURE

ALIGNMENT
CLARITY
EXPRESSION
HARMONY
MOBILITY
PRESSURE
SLOWDOWN
TIME

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Puzzle-Solution 230

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

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