

# Selfcare Word Search

## Puzzle 244

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

**APPRECIATION  
EMOTION  
HABIT  
MINDFULNESS  
NOURISH  
ROUTINE  
SHOWER  
SUNLIGHT**

**CALM  
FULFILL  
HARMONY  
MOBILITY  
PEACE  
SERENITY  
SLOWDOWN  
TRACKER**

# Selfcare Word Search

## Puzzle-Solution 244

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

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