

Selfcare Word Search

Puzzle 93

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

**ANXIETY
HOBBY
MELODY
MOVEMENT
PLANNER
REST
STEADINESS
STRUCTURE**

**EXHALE
HYDRATION
MOBILITY
OVERLOAD
POSTURE
RHYTHM
STRENGTH
SUPPORT**

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Puzzle-Solution 93

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

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