



Self Care Word Search



AROMATHERAPY
DANCE
GROUNDING
MEDITATE
MUSIC
REST
UNPLUG
COOK
DECLUTTER
JOURNAL
MINDFULNESS

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

PAINT
SOCIALISE
WALK
CRAFT
GRATITUDE
MASSAGE
MOVIE
READ
TRAVEL
YOGA