



self care word search

ef grace. Summer, 2022

appreciate	M	O	E	S	S	E	N	E	R	A	W	A	E	I	H
awareness	E	I	R	B	I	O	W	N	E	E	L	N	C	S	E
bathe	R	A	A	E	D	N	C	O	Y	M	T	R	I	M	A
enjoy	I	E	P	Z	J	W	J	Y	R	O	D	A	A	N	L
healing	T	S	S	E	D	E	O	W	C	T	U	N	W	O	I
health	S	M	C	T	R	L	U	P	A	I	H	R	T	I	N
journal	P	E	S	U	P	L	R	V	U	W	U	Y	T	T	G
meditation	I	A	I	M	P	N	N	D	E	N	S	S	E	A	I
peace	R	R	E	F	R	E	S	H	I	N	G	O	I	T	J
refreshing	I	L	N	E	B	S	C	E	H	S	A	O	M	I	O
rejuvenate	T	L	J	C	M	S	O	H	V	E	J	T	W	D	U
rest	U	J	O	O	E	I	O	B	A	T	W	H	E	E	R
soothe	A	E	Y	L	M	Y	T	H	E	A	N	E	J	M	W
spirituality	L	U	E	Y	H	E	A	L	T	H	W	L	R	E	P
time	I	V	W	S	I	M	L	E	M	L	T	E	E	F	E
water	T	O	A	J	O	U	R	N	A	L	P	A	L	E	A
wellness	Y	O	T	N	E	S	S	A	W	G	N	I	B	L	C
worthy	S	T	E	E	T	A	I	C	E	R	P	P	A	N	E