

Name: _____

Date: _____

Self Care Word Search

Find all of the words hidden in the grid.
They may go in any direction.



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

Bath

Exercise

Healthy Eating

Hydration

Journaling

Meditation

Mindfulness

Music

Nature

Reading

Relaxation

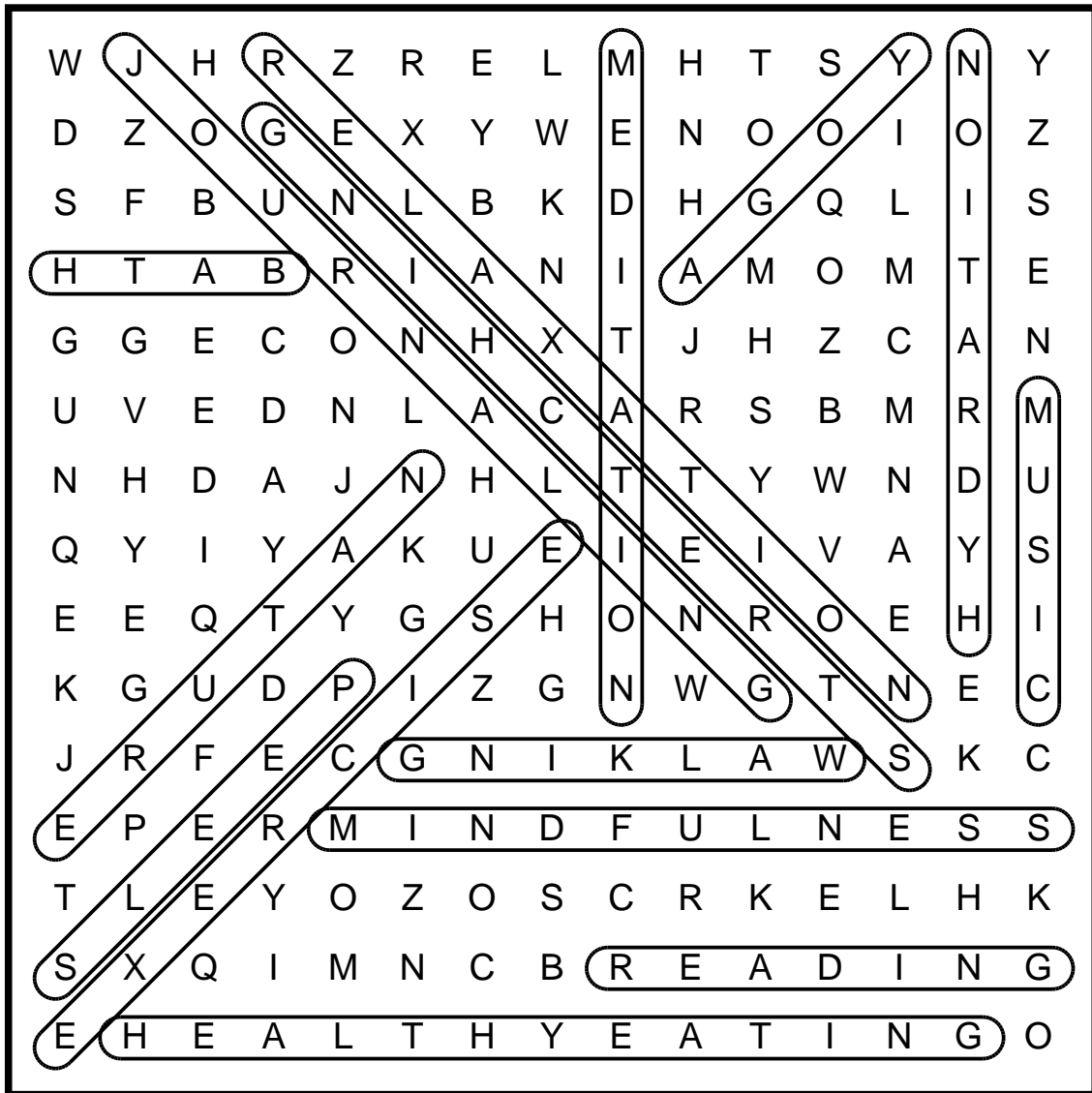
Sleep

Stretching

Walking

Yoga

Answer Key for Self Care Word Search



- | | | |
|----------------|-------------|------------|
| Bath | Meditation | Relaxation |
| Exercise | Mindfulness | Sleep |
| Healthy Eating | Music | Stretching |
| Hydration | Nature | Walking |
| Journaling | Reading | Yoga |