




SELF-CARE TIPS

word search



Find the self-care tips hidden in the puzzle! 

WORD LIST

-  BREATHE DEEPLY
-  GRATITUDE JOURNAL
-  STRETCH
-  UNPLUG
-  DRINK WATER
-  TAKE A BREAK
-  JOURNALING
-  MOVE YOUR BODY
-  LISTEN TO MUSIC
-  TALK TO SOMEONE
-  PRACTICE MINDFULNESS
-  DRAW OR DOODLE
-  SPEND TIME IN NATURE
-  SET BOUNDARIES
-  POSITIVE SELF TALK
-  READ A GOOD BOOK
-  VISUALIZE PEACE
-  GROUND YOURSELF
-  CELEBRATE SMALL WINS
-  SLEEP DEEP
-  LAUGH

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

You are
worthy of care,
kindness, and
good things.



Self-care is not
selfish.

It's necessary.



Take care of

YOU!



Small steps. Big difference. You've got this!

