

SELF-CARE SEARCH

c	a	l	m	k	i	h	m	d
g	p	b	t	x	v	i	t	b
r	l	w	u	e	n	s	d	r
o	h	o	o	d	e	t	d	e
w	e	e	f	r	x	e	x	a
t	b	u	a	b	t	n	c	t
h	l	l	o	l	i	h	e	h
e	m	p	a	t	h	y	y	e

breathe
calm

empathy
growth

listen
love

mindful
worthy