

# Self-Care Activities Wordsearch

Use the Wordsearch to help you pick a self-care activity to do...



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

**Instructions:** Find the words below. Once you've found the activity, plan when you'd like to do it. Right now? After work/school? When you feel low-mood?

Word	When?	Word	When?
Bath		Dance	
Read		Movie	
Music		Draw	
Podcast		Yoga	
Meditate		Nap	
Walk		Journal	



Self-care means doing things that help your emotional, mental and physical wellbeing. Self-care can mean different things for different people.