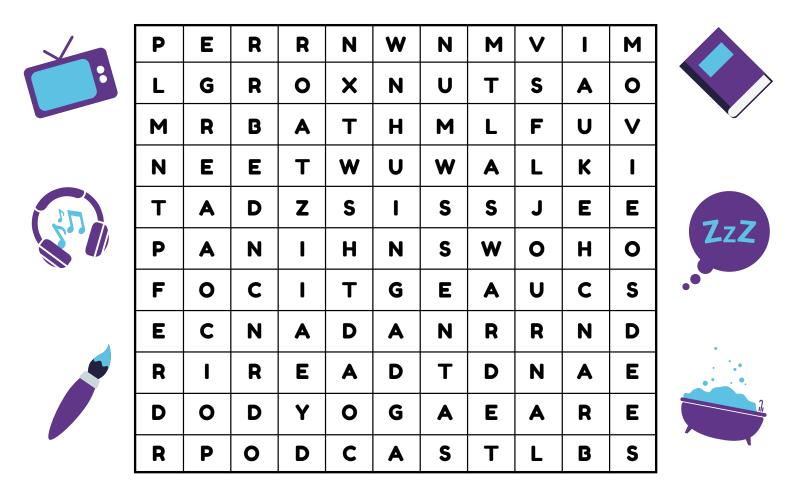
Self-Care Activities Wordsearch

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



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.

