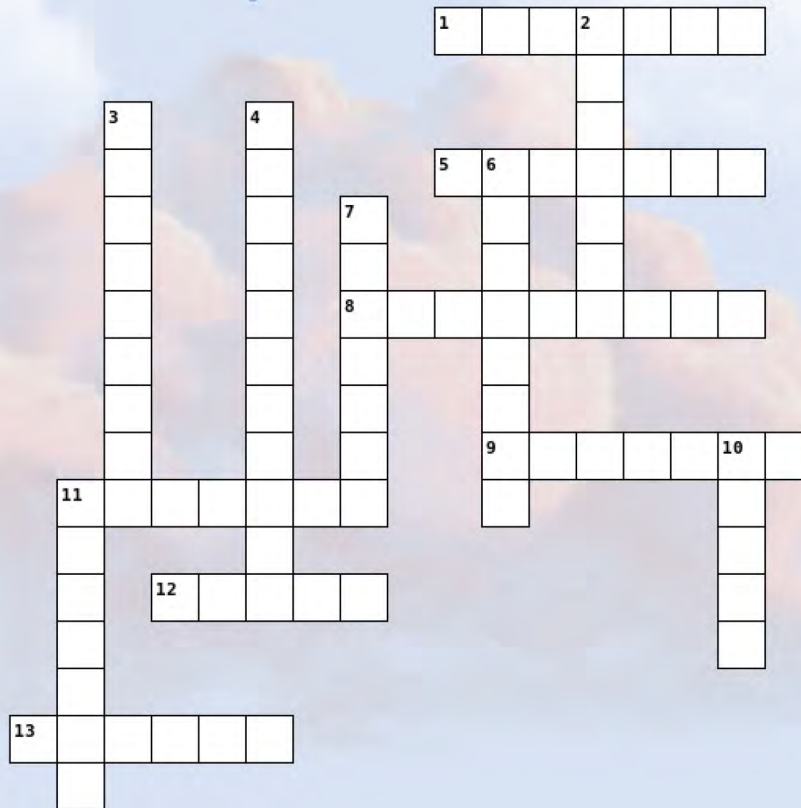


## Self-Care Crossword



### Word Bank

Mindfulness  
Community  
Hobbies  
Nutrition  
Relax

Confide  
Healing  
Reflect  
Therapy  
Hygiene

Music  
Health  
Support  
Exercise

### Across

1. Treatment intended to relieve or heal
5. The process of becoming healthy and well
8. Necessary for physical health and growth
9. Comfort or encouragement from people you trust, for example
11. Practice of keeping clean through things like washing your hands
12. Something we listen to relax, focus, or get pumped for a workout
13. A person's mental or physical condition

### Down

2. To think back on things that have happened
3. A group of people you can rely on to support you during hard times
4. To be conscientious and aware of one's own feelings and actions
6. Physical activity, such as running or dancing
7. The act of telling someone you trust something important
10. A state of letting go of worries
11. Enjoyable activities you do in your free time