

Name: _____

Date: _____

Look for the words listed below.

Self-Care Word Search

@KELLYMENTALHEALTH

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



LOVE
MINDFUL
REST

BREATHE
JOURNAL
HEALTH

GROWTH
CHANGE
CARE