

# Self Care Week

18 - 24 NOV 2019



There are 30 Self Care words to find. They can be found forwards, backwards or diagonal in the grid.

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

- ACTIVE TEN
- AILMENTS
- ADVICE
- AVOIDABLE
- CARE
- CHANGE FOR LIFE
- CHOICES
- HEALTHY
- CHALLENGE
- COLDS
- FEVER
- HELP
- INFORMATION
- MAKE A CHANGE
- MEDICINE CABINET
- MINOR
- NHS
- ONE YOU
- ONE STOP
- OPTIONS
- PHARMACIST
- PHYSICAL
- PREVENT
- SELF CARE
- STAY WELL
- STOP SMOKING
- SUPPORT
- TOOLS
- TREATMENT
- WELLBEING