

Compassion and Self Care

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

WORTHY
MINDFULNESS
EMPOWERED
GROWTH
WELL BEING
CALM
POSITIVE
HEALING
LISTEN
KINDNESS
BREATHE
SELF LOVE
COMPASSION
MOVE
EMPATHY

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