

# Self Care Is Not Selfish

OUWSNLEXQMHHMIBVBXGOGJWGEBOCDKN  
 GUAVGPLKNFBSCMTBYSLDTKQMRMMRSA  
 TFLILVDJOHBTIEJARSZQAMIMYCQKSQ  
 PVKGGXJWCWDMDFDDOHMOEYTLHLP SMMW  
 QUROXNCVJVHZIIJEXHSLGXEAELMHOY  
 KGXEKNNLKA YBRADPHGYMNSCKUQPTLW  
 FUZIRPGYMRVYSTMBNSHAYNRXKGN OOB  
 ZPVDESSERTKIEEGPKPJSYISJMSHGUX  
 JGPOIEALMIZSLNOUSDGSI XLTAIUKEI  
 DTFALGYVTUEQFHPJRZQAIBZK CWTFXO  
 XMAVYUGOJFKQCZXLCPGGVRIUCYOOEL  
 WLUAQINTMQJHAGCBBTOEDFLNFHFORW  
 ZBGNASTTRXQBRJKUTFPNIORPCQXJCT  
 VKWIQADFEBBVEYGRDWXJSUI LRUSMIE  
 DUXTKSIMOEDCJGRIXDLJ K KUUPSLSK  
 GYZJVBCAURRSGPMJJULMLEAGIYHPEH  
 IUMFIWUGAJWFGAHMQBHELPMIYZRVC  
 JTYOSJRCINLAIMRPZJMIGLJJOMTAA M  
 OODPBCHFRVKRNCDOEWQEANLNNDYDK  
 GOTXBKZTBKTY YDFHEGDYBYOXRRGNWC  
 IRRFGJPQE QAGFOGWXNRKZZUZUEBGFY  
 ZKAYKJXFFKAMQMT COUNSELINGAYOSU  
 PBLTOHSZBBYXLXULDILFFROWIDSMJD  
 MRIZIMI QKQFXMBUSPIKAXKYL VCAFQD  
 GMMRITAXOXQENCZJISCLNQWDJTGEQK  
 JRUHKWUOXLDWXEWGGCAWEXWYSRSEUT  
 OSTVEJRDSNFAQSUGIKEDCNMSOAJWQT  
 QVCGUDSCEXRONYYXPWKIAEHDTGXKUP  
 SHWRJNWFACJTUCDRESTEOFQWGVARJF  
 OJ OOMONQGDUBFKEIDAVID SREFUG EFT

David's Refuge

Pay It Forward

Counseling

Yoga

Volunteer

Gratitude

Self Care

Rest

Exercise

Mediate

Massage

Play

Dessert

Cuddle

Unplug

Date

Garden

Dance

Laugh

Walk

Music

Pray

Read