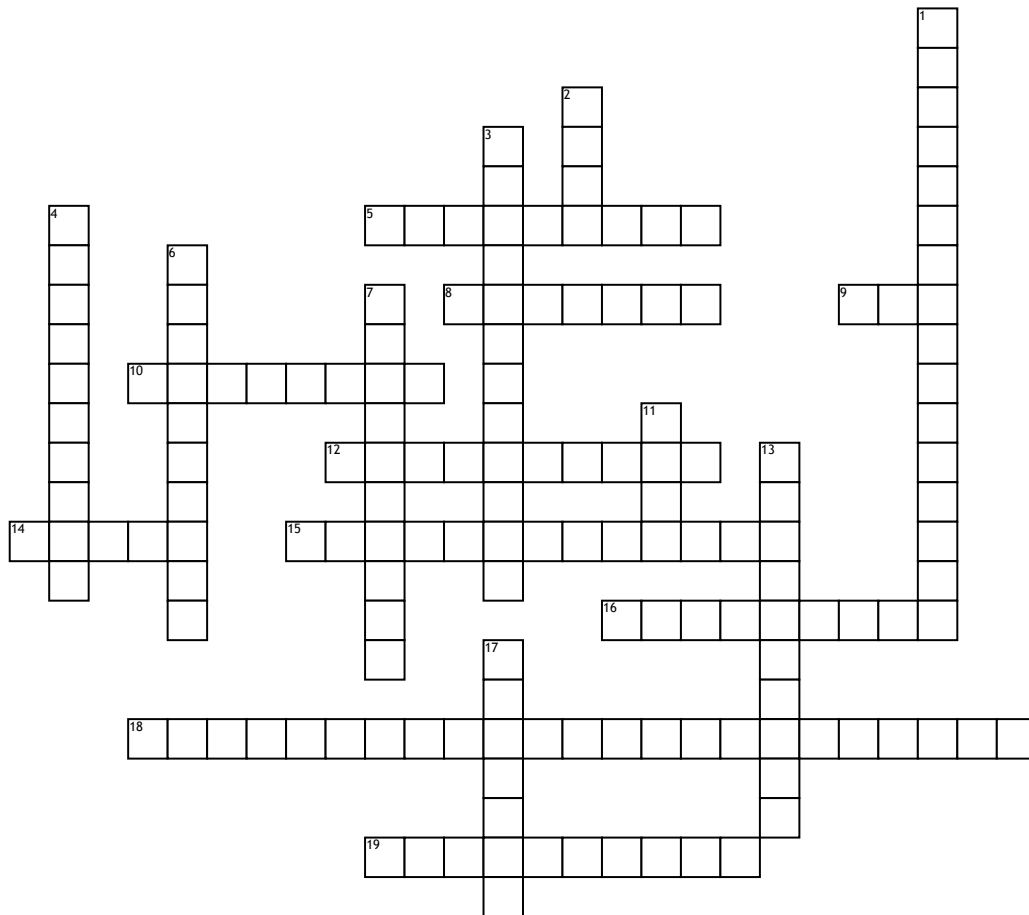


Name: _____ Date: _____

Health & Well-Being



Across

5. . A person's subjective perception on his/her health and encompasses feelings of physical, mental, and social health?

8. What kind of environment nourishes us and has restorative properties? Examples include: Garden, park, and landscape

9. Activities that include taking care of one's own body?

10. Arthritis, asthma, diabetes, and cancer are all examples of what type of disease? A. Chronic 7. Q. Poverty, low levels of education attainment, unemployment, racism, homelessness, and the stigma attached to mental illness are all _____ to healthy occupation?

12. Occupation helps develop and exercise our own personal _____?

14. True or False? Our modern lifestyle's increasing tempo has had a positive impact on our health and well-being?

15. _____ in occupation allows us to express ourselves, develop skills, experience pleasure and involvement, and achieve things we believe to be important

16. What kind of lifestyle leads to an increased risk of obesity, cardiovascular disease, cancer, diabetes, and osteoporosis?

18. What does WHO stand for?

19. Occupational therapists believe that the mechanism by which people achieve health and well-being is through...

Down

1. What helps maintain healthy weight for people of all ages and strength and agility in older adults?

2. True or False? Occupation can threaten or destroy our health and well-being?

3. Being able to communicate your needs with others?

4. Occupation is essential to an individual's survival because their _____ needs of self-care, shelter, and safety are met through the things people do.

6. What is defined as any problem with normal psychological or physiological function or with a body structure such as a joint or organ?

7. The branch of medicine that addresses the causes, prevention, and treatment of obesity?

11. What enhances our memory of recent experiences, our ability to focus, and our perceptual processing speed?

13. The science of designing a person's environment so that it facilitates the highest level of function?

17. What is the most common and problematic symptom of people living with chronic illness?

Word Bank

Capacities
Biological
Impairment
Sedentary
Occupation

Fatigue
WorldHealthOrganization
SelfAdvocacy
ADL
True

WellBeing
Rest
Bariatrics
PhysicalActivity
Natural

Barriers
False
Ergonomics
Participating