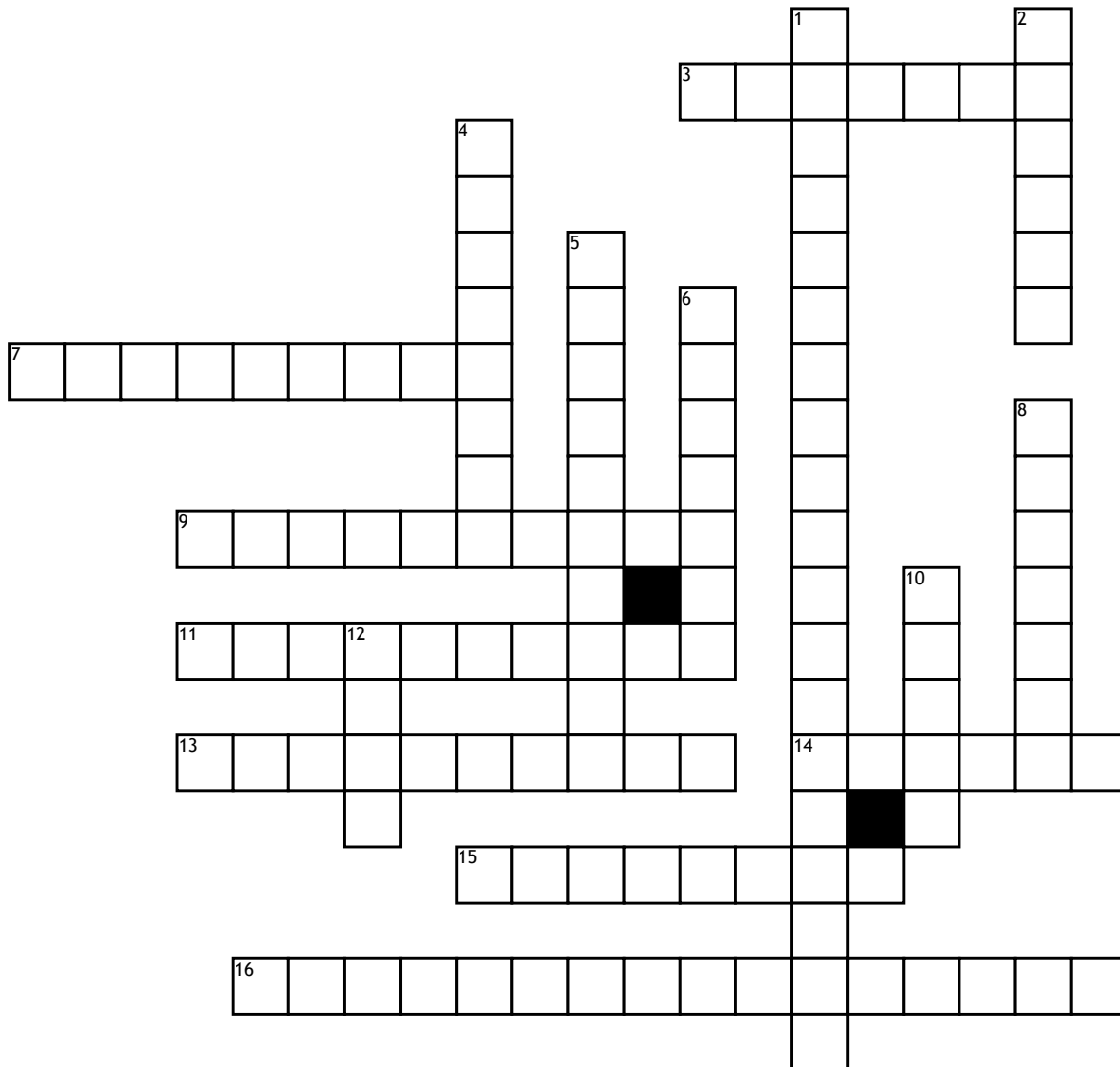


Name: _____

Date: _____

Well Being in the Workplace



Across

3. Treat others with _____ and dignity

7. An important lifestyle behaviour that promotes health

9. To show kindness and empathy for all in our care, and for each other

11. Strive to be our best and give our best

13. The connection you feel to your job, either relating to your employers overall mission, or feeling the work you do really makes a difference

14. Soundness of body or mind

15. An amount of work an individual has to do

16. Plays an important role in health, well being, and quality of life. Reduces stress, strengthens body, and makes you feel good about yourself

Down

1. Comprises our ability to think, feel and behave in a manner that enables us to perform effectively in our work environments, our personal lives, and in society at large.

2. The body's response to real or perceived threat. It comes from both the good and bad things that happen to us

4. An approach to health that emphasizes preventing illness and prolonging life, both mentally and physically

5. Its what gives people the psychological strength to cope with stress and hardship

6. Recognition of the need for _____ between the demand of work, family, and personal life

8. A network of resources, people or programs to help you maintain wellness

10. Everyone needs one of these to rest, regroup, and reset

12. Voluntary and confidential program that provides short term counselling and support services for AHS employees and their families