Brain Health Games

"An active mind is a sharp mind"
Pillars to Brain Health

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

ACTIVE COMMUNITY DIET
EXERCISE FAITH HEALTHY LIFE MANAGEMENT MENTAL QUALITY REGULAR SLEEP SOCIAL STIMULATION STRESS
Cognitive Health

ABILITY
FUNCTION
MEMORY
REMEMBERED

ATTENTION
JUDGMENT
PERCEPTION
SKILLS

EXECUTIVE
LANGUAGE
PURPOSEFULLIFE
THOUGHT
Brain Health Awareness

ACROSS
2 A person older or higher in rank than someone else
7 Member of a person’s social network who helps them with activities of daily living
9 A general term for memory loss and other cognitive abilities serious enough to interfere with daily life

DOWN
1 A situation involving exposure to danger
3 A short period of rest or relief from something difficult or unpleasant
4 The identification of the nature of an illness or other problem by examination of the symptoms
5 Strong belief in God or in the doctrines of a religion, based on spiritual apprehension rather than proof
6 Decline in mental ability severe enough to interfere with daily life
8 A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
Cognitive Health

ACROSS
4  the act or state of applying the mind to something
5  the ability to carry out activities learned such as driving
6  something in the mind
7  a systematic means of communicating ideas or feelings by the use of conventionalized signs, sounds, gestures, or marks having understood meanings
8  the ability to plan and carry out tasks
9  the process of forming an opinion or evaluation by discerning and comparing

DOWN
1  ability to live a purposeful life
2  awareness of the elements of environment through physical sensation
3  the power or process of reproducing or recalling what has been learned and retained especially through associative mechanisms