



Pets' ability to combat loneliness

Description

Pets can have a positive impact on your health, including reducing stress, anxiety, and depression, improving heart health, and helping children develop social and emotional skills. Recent studies suggest that pets may also help combat loneliness, which has been described as an epidemic in the United States by experts like the American Surgeon General Dr. Vivek H. Murthy.

While more research is needed to establish a strong link between pet ownership and loneliness, surveys and studies show that pet owners generally believe that their pets help reduce feelings of isolation. Although scientific evidence is still inconclusive, reputable health agencies like the National Institutes of Health continue to support the idea that pet ownership can provide comfort and enhance social support.

If you are struggling with loneliness or social isolation, adding an animal companion to your life may be beneficial. Consider adopting a pet from organizations like The Humane Society of the United States or the American Society for the Prevention of Cruelty to Animals to not only improve your own well-being but also provide a loving home for a furry friend.

Vocabulary List:

1. **Impact** // (noun): The effect or influence of one thing on another.
2. **Loneliness** // (noun): The state of being alone or feeling isolated.
3. **Epidemic** // (noun): A widespread occurrence of an infectious disease in a community.
4. **Well-being** // (noun): The state of being comfortable healthy or happy.
5. **Surgeon General** // (noun): The chief health officer in the United States.
6. **struggling** // (noun): The state of being separated from others.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which condition is characterized by high levels of glucose in the blood?

Option: Diabetes

Option: Arthritis

Option: Infections

Option: Loneliness



2. What is the term for taking actions to stop something from happening?

- Option: Strain
- Option: Prevent
- Option: Exacerbated
- Option: Impact

3. What term is used to describe a widespread occurrence of a disease in a specific community at a particular time?

- Option: Well-being
- Option: Epidemic
- Option: Cycling
- Option: Secretions

4. What does it mean to make suffering deficiency or a problem less severe?

- Option: Surgeon General
- Option: Alleviate
- Option: Multidisciplinary
- Option: Debris

5. Which exercise type focuses on building muscle mass and strength?

- Option: Stationary
- Option: Swimming
- Option: Therapist
- Option: Strength training

6. Which term relates to principles of right and wrong behavior?

- Option: Impact
- Option: Ethical
- Option: Nonprofit
- Option: Recommendations

7. Which word describes having difficulty and making efforts to overcome it?

- Option: Diabetes
- Option: Struggling
- Option: Inflammatory
- Option: Caregiver

8. What term describes something that has been missed or not considered?

- Option: Prevent
- Option: Overlooked
- Option: Alleviate
- Option: Diabetes



9. What is the feeling of being sad and alone?

Option: Multidisciplinary

Option: Loneliness

Option: Impact

Option: Surgeon General

10. Which type of medication is used to treat fungal infections?

Option: Antifungal

Option: Exacerbated

Option: Cycling

Option: Arthritis

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ from healthcare professionals can help individuals manage their condition better.

12. The new policy had a significant _____ on the community.

13. Heavy lifting can put a lot of _____ on your back muscles.

14. After the storm the streets were covered in _____ from damaged buildings.

15. Social activities can help combat feelings of _____ in individuals.

16. Proper hand hygiene is crucial in preventing the spread of _____ in healthcare settings.

17. The lack of rain _____ the drought conditions in the region.

18. A _____ provides support and assistance to individuals who need help with daily activities.

19. The construction of a new road will have a significant _____ on local traffic.

20. Regular exercise is important for overall health and _____.



Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The organization operates as a nonprofit and focuses on charitable activities to support the community.
22. Mucus and other bodily fluids are examples of these that can transmit infections.
23. The treatment plan involved a approach including input from doctors therapists and nutritionists.
24. The is responsible for providing information on public health and wellness initiatives at a national level.
25. is a great low-impact exercise that can improve cardiovascular health and muscle strength.
26. Regular can help improve joint mobility and overall fitness levels.
27. is a condition that causes inflammation and stiffness in the joints leading to pain and reduced mobility.
28. Using a bike at home is a convenient way to get in some cardio exercise.
29. The physical guided the patient through exercises to help improve muscle strength and flexibility.
30. An response in the body can cause redness swelling and pain.

Answer

Multiple Choice: 1. Diabetes 2. Prevent 3. Epidemic 4. Alleviate 5. Strength training 6. Ethical 7. Struggling 8. Overlooked 9. Loneliness 10. Antifungal

Gap-Fill: 11. Recommendations 12. Impact 13. Strain 14. Debris 15. Loneliness 16. Infections 17. Exacerbated 18. Caregiver 19. Impact 20. Well-being

Matching sentence: 1. Nonprofit 2. Secretions 3. Multidisciplinary 4. Surgeon General 5. Swimming 6. Cycling 7. Arthritis 8. Stationary 9. Therapist 10. Inflammatory

CATEGORY

1. Health - LEVEL2

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