

Cognit Electronic Health Record

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Quiz Title: 3.6.1 Wellness=Wellness Tools

Quiz Total: 42

Build as many wellness tools into your daily routine as possible. Take your time it is important for you to complete the exercise. Check off the wellness tools that interest you. Scroll down to view the complete list of wellness tools.

User Answer (1=Ask a friend out, 1=Ask someone over for a meal, 1=Attend an event, 1=Bake something, 1=Be a mentor, 1=Be a peer support / sponsor, 1=Brush your teeth, 1=Build something, 1=Burn a candle, 1=Burn some incense, 1=Buy a coloring book, 1=Buy a new book, 1=Buy a small gift, 1=Buy music, 1=Buy some flowers, 1=Buy something, 1=Call someone, 1=Care for your plants, 1=Change your hair style, 1=Chat online, 1=Clean a room, 1=Clean bathrooms, 1=Clean your car, 1=Clean your fridge, 1=Clean your house, 1=Clean your oven, 1=Clean your pet's tank/cage, 1=Climb a mountain, 1=Cook something special, 1=Cut the grass, 1=Design something, 1=Do a Cognit session, 1=Do a daily self-assessment, 1=Do a relaxation exercise, 1=Do a religious practice, 1=Do a spiritual practice, 1=Do aerobics, 1=Do archery, 1=Do boxing, 1=Do cardio exercise, 1=Do circuit training, 1=Do crafts, 1=Do geo-caching, 1=Do gymnastics, 1=Do ironing, 1=Do karaoke, 1=Do knitting, 1=Do laundry, 1=Do martial arts, 1=Do model building, 1=Do motor cross, 1=Do nothing, 1=Do pilates, 1=Do sewing, 1=Do some home repairs, 1=Do some home chores, 1=Do some household tasks, 1=Do something for others, 1=Do something new, 1=Do something that doesn't take thought, 1=Do something unselfish, 1=Do stress reduction exercises, 1=Do stretching exercises, 1=Do Tia Chi, 1=Do vacuuming, 1=Do water aerobics, 1=Do weight training, 1=Do yoga, 1=Do your dishes, 1=Do your family tree, 1=Do your grocery shopping, 1=Do your hair, 1=Do your laundry, 1=Donate a bit of spare change, 1=Donate blood, 1=Donate your old clothes, 1=Draw something, 1=Drink a coffee/tea, 1=Drink hot chocolate, 1=Drink milk, 1=Drink water, 1=Eat a candy, 1=Eat a healthy diet, 1=Eat a healthy meal, 1=Eat a nice meal, 1=Eat some chocolate, 1=Eat some fruit, 1=Eat some vegetables, 1=Eat something special, 1=Exercise, 1=Feed and water your plants, 1=Feed the birds, 1=Feed your pet, 1=Fix your car, 1=Garden, 1=Get a facial, 1=Get dressed up, 1=Get your hair colored, 1=Get your hair done, 1=Get your makeup done, 1=Get your nails done, 1=Give others your attention, 1=Give someone a gift, 1=Go walk around a mall, 1=Go wander around the town/city, 1=Go biking, 1=Go boating, 1=Go bowling, 1=Go camping, 1=Go cross country skiing, 1=Go curling, 1=Go dancing, 1=Go downhill skiing, 1=Go fishing, 1=Go fly a kite, 1=Go for a drive, 1=Go for a picnic, 1=Go for a small trip, 1=Go for a swim, 1=Go for a vacation, 1=Go for a walk, 1=Go go-carting, 1=Go golfing, 1=Go hang gliding, 1=Go horseback riding, 1=Go hunting, 1=Go jump rope, 1=Go lawn bowling, 1=Go mini-golfing, 1=Go mountain biking, 1=Go mountain climbing, 1=Go on a diet, 1=Go people watching, 1=Go rock climbing, 1=Go roller blading, 1=Go rowing, 1=Go running, 1=Go sailing, 1=Go scuba diving, 1=Go shopping, 1=Go skateboarding, 1=Go skating, 1=Go ski jumping, 1=Go sky diving, 1=Go sledding, 1=Go snorkelling, 1=Go snowmobiling, 1=Go snowshoeing, 1=Go surfing, 1=Go surfing on the internet, 1=Go swimming, 1=Go take a bus/subway ride, 1=Go to a car dealer just to look, 1=Go to a comedy club, 1=Go to a cottage, 1=Go to a fair, 1=Go to a library, 1=Go to a movie, 1=Go to a park, 1=Go to a pet store just to look, 1=Go to a play, 1=Go to a religious ceremony, 1=Go to a restaurant, 1=Go to a spa, 1=Go to a support group, 1=Go to a theatre, 1=Go to a theme park, 1=Go to an art gallery, 1=Go to see a water falls, 1=Go to the gym, 1=Go to the museum, 1=Go to the zoo, 1=Go water skiing, 1=Go whitewater rafting, 1=Have a BBQ, 1=Have a costume party, 1=Have a healthy snack, 1=Have a party, 1=Have a snow ball fight, 1=Have a warm drink, 1=Have people over for dinner, 1=Have sex/masturbate, 1=Help a friend, 1=Help a stranger, 1=Help an elderly person, 1=Help some read or write, 1=Help someone, 1=Join a social club, 1=Journal, 1=Laugh at yourself, 1=Laugh with someone, 1=Learn how to do something, 1=Learn to bake, 1=Learn to make pottery, 1=Learn to read/write, 1=Let go of anger, 1=Let go of obsessions, 1=Let go of pain, 1=Let go of resentments, 1=Let go of unrealistic expectations, 1=Listen to music, 1=Live a spiritual life, 1=Look at your pictures, 1=Look for a job, 1=Make a cake, 1=Make a collage, 1=Make a fort, 1=Make a gift, 1=Make a gratitude list, 1=Make a list of places you have been, 1=Make a list of places you want to go, 1=Make a list of positive affirmations, 1=Make a list of things you have, 1=Make a list of things you would like to have, 1=Make a list of your friends, 1=Make a mix of your favorite music, 1=Make a pie, 1=Make a scrapbook, 1=Make a snow angel, 1=Make a snow fort, 1=Make a snowman, 1=Make a special meal, 1=Make cookies, 1=Make home videos, 1=Make new friends, 1=Make some soup, 1=Make someone laugh, 1=Make

someone smile, 1=Make something, 1=Make your bed, 1=Meditate, 1=Meet new people, 1=Open a door for someone, 1=Organize a closet, 1=Organize a room, 1=Overcome fears, 1=Paint a room, 1=Paint some furniture, 1=Paint your home, 1=Participate in social activities, 1=Pay your bills, 1=Pick some flowers, 1=Play a musical instrument, 1=Play a game / video game, 1=Play badminton, 1=Play baseball, 1=Play billiards, 1=Play cricket, 1=Play darts, 1=Play football, 1=Play frisbee, 1=Play handball, 1=Play hockey, 1=Play horse shoes, 1=Play lacrosse, 1=Play laser tag, 1=Play on a trampoline, 1=Play paddle ball, 1=Play paint ball, 1=Play racquet ball , 1=Play rugby, 1=Play shuffleboard, 1=Play soccer, 1=Play softball, 1=Play squash, 1=Play table tennis/ tennis, 1=Play volleyball, 1=Play water polo, 1=Play with a child, 1=Play with a figit toy, 1=Play with your pet, 1=Polish your furniture, 1=Pray, 1=Quit smoking, 1=Rake some leaves, 1=Read religious texts, 1=Read something, 1=Read spiritual books, 1=Reduce artificial food additives, 1=Reduce/eliminate caffeine, 1=Reduce/eliminate refined sugar, 1=Refinish furniture, 1=Relax, 1=Repair things around the house, 1=Rest, 1=Review/ Cognit sessions, 1=Review/Update your Strengths, Beliefs, Principles and Values , 1=Review/update your Challenges, 1=Review/ update your Wellness Tools, 1=Save some money, 1=Say hello to a stranger, 1=Say I love you, 1=Say I love you to yourself, 1=See your counselor, 1=See your dentist, 1=See your doctor, 1=Share things about yourself, 1=Share your beliefs, 1=Share your experiences, 1=Share your feelings, 1=Share your thoughts, 1=Shave, 1=Shovel snow, 1=Show a child something, 1=Show a real interest in others, 1=Show unconditional love, 1=Shower, 1=Sing, 1=Sit at a café, 1=Sit on a beach, 1=Sit on a bench, 1=Sleep in, 1=Smile at someone, 1=Stand up for yourself, 1=Stop and get up and stretch, 1=Subscribe to a daily inspiration email, 1=Take 3 deep breaths, 1=Take a 15 minute break, 1=Take a course, 1=Take a hike, 1=Take a walk, 1=Take herbal supplements, 1=Take some photos, 1=Take vitamins, minerals, 1=Take your medications, 1=Talk with a friend, 1=Talk with a spiritual supporter, 1=Talk with your family, 1=Teach a child something, 1=Toast marshmallows, 1=Treat others as you want to be treated, 1=Use a fitness meter, 1=Visit family, 1=Visit a friend, 1=Visit a new community, 1=Volunteer, 1=Wake up early, 1=Walk in the rain, 1=Wash your car, 1=Wash your pet, 1=Watch a favorite TV show, 1=Watch a fire place, 1=Watch a funny show, 1=Watch a movie, 1=Watch a sun set, 1=Watch an educational program, 1=Watch children playing, 1=Watch insects, 1=Watch it rain, 1=Watch it snow, 1=Watch the water, 1=Watch the birds, 1=Watch the moon, 1=Watch the northern lights, 1=Watch the stars, 1=Watch You Tube videos, 1=Wave at people, 1=Weed your lawn, 1=Work on a project, 1=Write a bucket list, 1=Write a gratitude list, 1=Write a letter, 1=Write a list of accomplishments, 1=Write a love letter, 1=Write a poem, 1=Write a song, 1=Write a story, 1=Write about good times, 1=Write an email, 1=Write your autobiography, 1=Be Yourself, 1=Add other wellness tools 1, 1=Add other wellness tools 2, 1=Add other wellness tools 3, 1=Add other wellness tools 4, 1=Add other wellness tools 5, 1=Add other wellness tools 6, 1=Add other wellness tools 7, 1=Add other wellness tools 8, 1=Add other wellness tools 9, 1=Add other wellness tools 10)

Be a peer support / sponsor(1), Brush your teeth(1), Burn a candle(1), Burn some incense(1), Call someone(1), Care for your plants(1), Chat online(1), Clean your car(1), Do a Cognit session(1), Do a daily self-assessment(1), Do a relaxation exercise(1), Do a spiritual practice(1), Do something unselfish(1), Do stress reduction exercises(1), Do stretching exercises(1), Do your hair(1), Eat a healthy meal(1), Eat some vegetables(1), Exercise(1), Fix your car(1), Go for a drive(1), Go for a walk(1), Go to see a water falls(1), Journal(1), Let go of anger(1), Let go of obsessions(1), Let go of resentments(1), Let go of unrealistic expectations(1), Look for a job(1), Make a list of positive affirmations(1), Make a list of things you have(1), Make some soup(1), Make your bed(1), Overcome fears(1), Watch a funny show(1), Watch an educational program(1), Watch children playing(1), Watch it rain(1), Watch the birds(1), Watch the moon(1), Watch the stars(1),

Total Score: 41

OPTIONAL: Please share how felt doing the exercise.

User Answer

It helped me see there are thing I can do that I might enjoy.

Total Score: 1