

# Cognit Electronic Health Record

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Date Time: 11/6/2020@13:47:40

Quiz Title: 3.6.2 Wellness Strategies=Wellness Strategy

Quiz Total: 13

List wellness tools/techniques that will help you accomplish your goals.

User Answer (1=1 , 1=2 , 1=3 , 1=4 , 1=5 , 1=6 , 1=7 , 1=8 , 1=9 , 1=10 , 1=11 , 1=12 , 1=13 , 1=14 , 1=15 , 1=16)
1 (1), 2 (1), 3 (1), 4 (1),
<b>Total Score: 4</b>

List your wellness goals&biological/physicalpsychological/emotionalsocialspiritualrelationshipwork, career

User Answer
Find a warm dry place to live and focus on staying mental and physically well.
<b>Total Score: 1</b>

What are you awfulizing about?

User Answer
Being homeless.
<b>Total Score: 1</b>

What are you complicating?

User Answer
Finding a place to live.
<b>Total Score: 1</b>

What are you obsessing about?

User Answer
Being homeless.
<b>Total Score: 1</b>

What are your priorities?

User Answer
Having a warm dry place to live.
<b>Total Score: 1</b>

What can you simplify?

User Answer
Moving
<b>Total Score: 1</b>

What do you need to accept?

User Answer
People are selfish and can't be trusted.

Total Score: 1

**Which fears do you need to challenge?**

User Answer

Fear of standing up for myself.

Total Score: 1

**Which negative triggers do you need to avoid?**

User Answer

Conflict

Total Score: 1