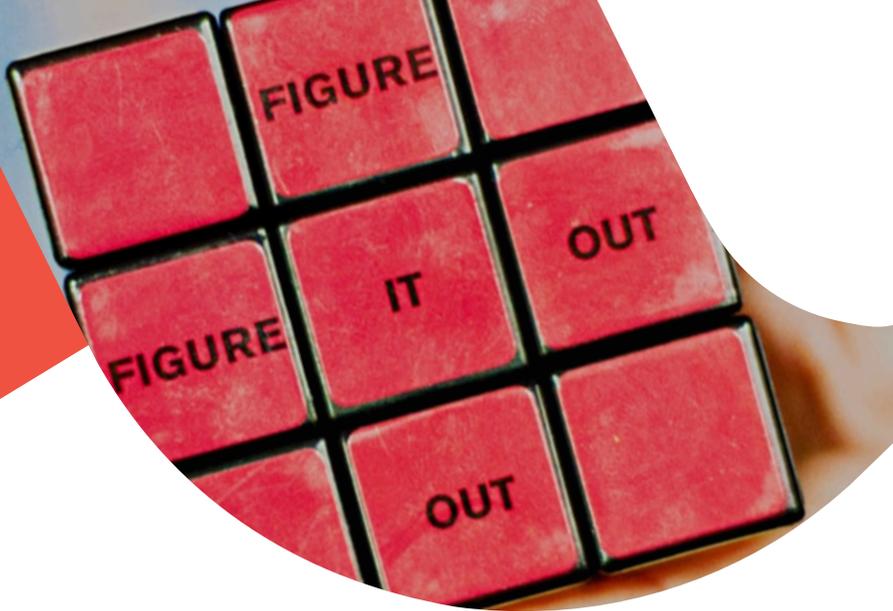


28. Problem Solving



Feel more in control over your life



DOING

DURATION
15 minutes

FREQUENCY
Once off

DIFFICULTY
Moderate

EVIDENCE QUALITY

★★★★☆

+ WELLBEING

+ RESILIENCE

+ HEALTH

+ MOOD

+ ANXIETY

+ STRESS

What it is?

- Sometimes, everyday problems can really get the better of us.
- Problem-solving techniques help us to cope with daily problems.
- It works best when a practical solution is available, and the problem is not too complex.

What can I use it for?

- Problem-solving techniques can be used for a wide range of problems and challenges, including feeling moody or anxious, relationship problems, stress management, anger etc.
- Problem-solving can be used when the root of your problem is a changeable situation.

How to do it?

1. Identify the problem.
2. Create a list of solutions.
3. List the pros and cons of each solution.
4. Find the best solution.
5. Make a plan and carry it out.
6. Review and track if the plan worked or whether you need to adjust it.

Anything to consider before I start?

- Try to find a specific problem that can be addressed.
- A specific problem is one that is easily explained, identified and/or measured.

28. Problem Solving

Feel more in control of your life

What is the problem you would like to address? What is causing your problem. Write it down clearly:

Now what are potential solutions for the problem. List the pros and cons of the solution. Which of these solutions can you most feasibly do? Would you need help to get the solutions implemented?

Craft a basic plan to implement the solution. Can you think of any barriers you may encounter? If so, what are you going to do about them?

MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?



DOING

