

Problem Solving

Problem Solving:

- * The process of finding solutions to difficult or complex issues to cope with everyday challenges and adversity
- * Effective problem solving requires time, energy, and pen-to-paper
- * Requires a concentrated effort on the part of the individual and will benefit from asking for help
- * An opportunity to learn
- * An effective coping skill that can bolster resilience

Barriers to Problem Solving:

BARRIER	Inflexible: Negative thinking
SOLUTION	<i>Use flexible thinking and thought changing tools</i>
BARRIER	Blaming others: Lack of personal accountability
SOLUTION	<i>Resist the urge to blame someone for your problems</i>
BARRIER	Problematic Coping: Unhealthy coping
SOLUTION	<i>Practice effective coping</i>
BARRIER	Unrealistic goals
SOLUTION	<i>Set reasonable goals that align with your values</i>
BARRIER	Personal attitude towards the ability to solve problems
SOLUTION	<i>Set reasonable goals that align with your values</i>

Problem Solving Steps:

1. Identify problem and causes
2. Brainstorm solutions – no idea is a bad idea!
3. Pick one solution to start
4. Develop and implement your plan
5. Assess progress and adjust as needed

Coping Skills:

- * Coping is the process of managing demanding circumstances, solving personal and interpersonal problems, and seeking to reduce or tolerate stress or conflict
- * Coping skills are actions you take to deal with or to reduce stress
 - * Problematic coping skills are unhealthy OR unhelpful
 - * Effective coping skills are functional, healthy AND helpful
- * Rigid thinking and poor coping can make problems seem overwhelming, leading to inaction
- * Being aware (mindful) of your current habits helps you to evaluate if your "go-to" coping skills are effective

Enhancing your Coping Skills:

MIND	BODY
Living according to your values	Physical activity
Flexible thinking	Healthy diet
Optimism	Quality of sleep
Managing emotions	Taking care of injuries and illnesses
Problem solving	
SPIRIT	SOCIAL
Prayer	Developing and maintaining a trusted social support system
Meditation	
Long walks	
Appreciating mother nature	
Practicing / participating in faith or religion	