



## 23. Problem solving

*Feel more in control over your life*

🕒 **Duration:** 15 minutes 📅 **Frequency:** ONCE-OFF 🎮 **Difficulty:** moderate ★★☆☆ **Evidence Quality**

### What is it?

- 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.



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



## 23. Problem solving

What is the problem you would like to address?

What is causing your problem. Write it down clearly:

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?

## TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: